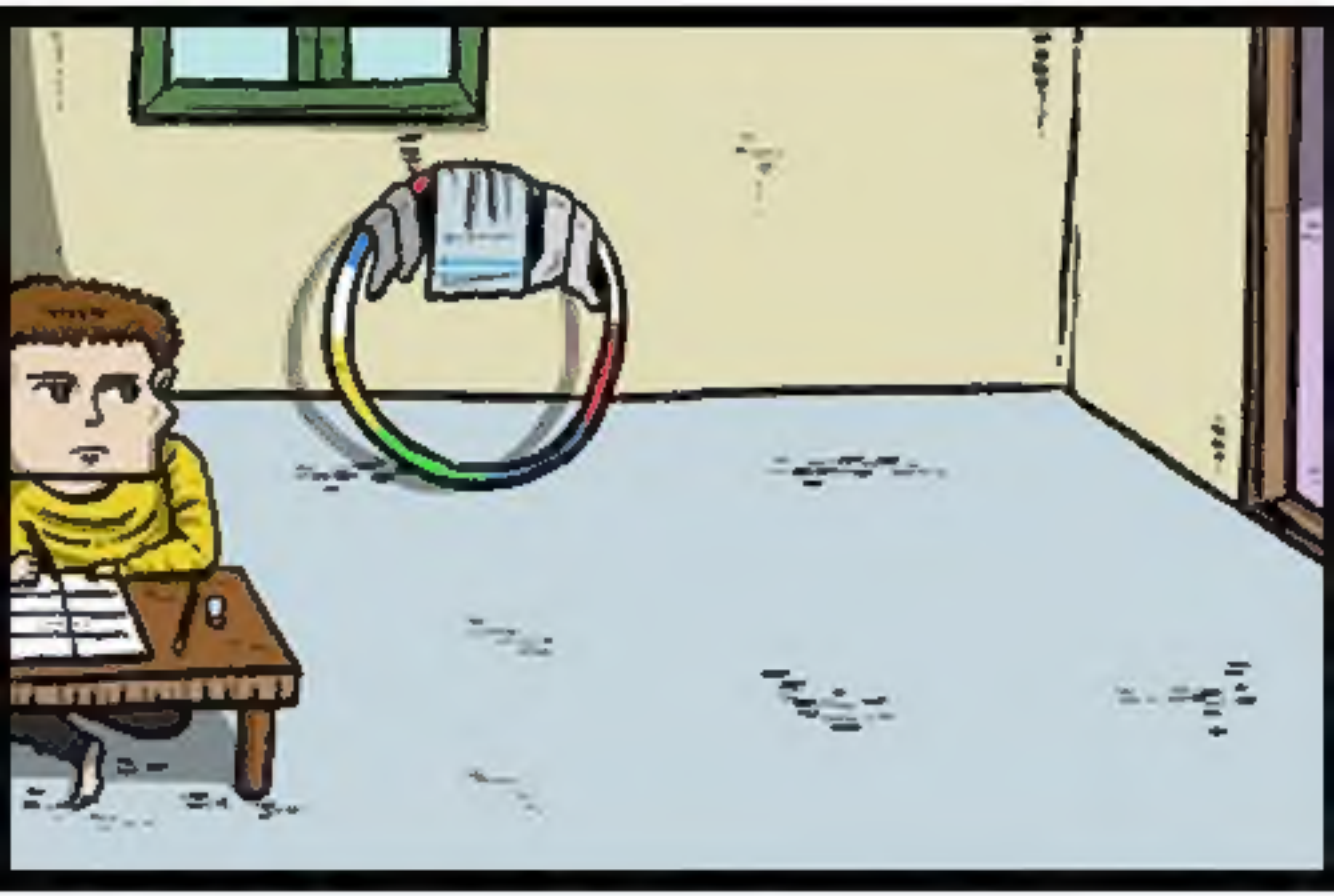
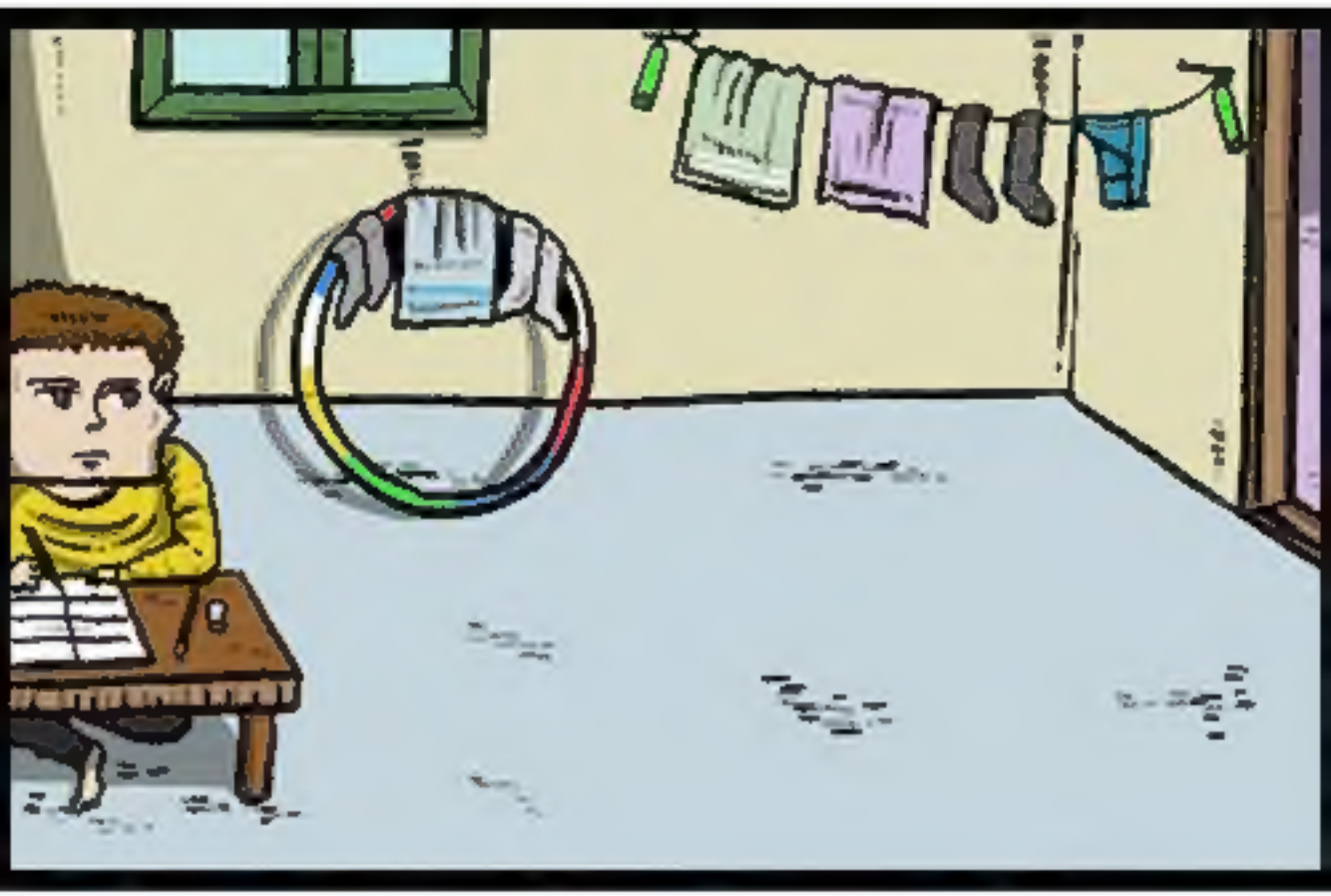
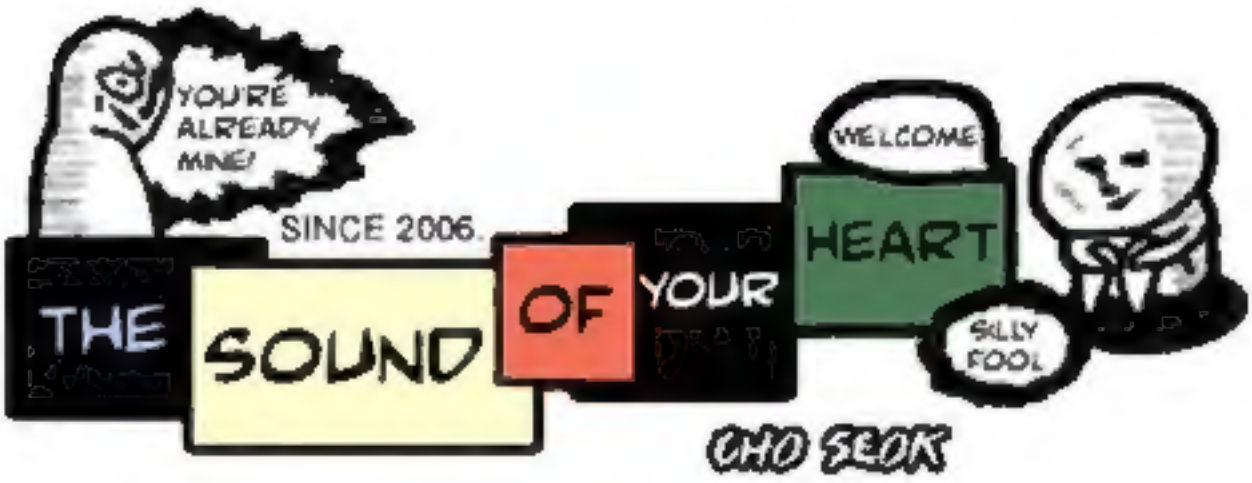


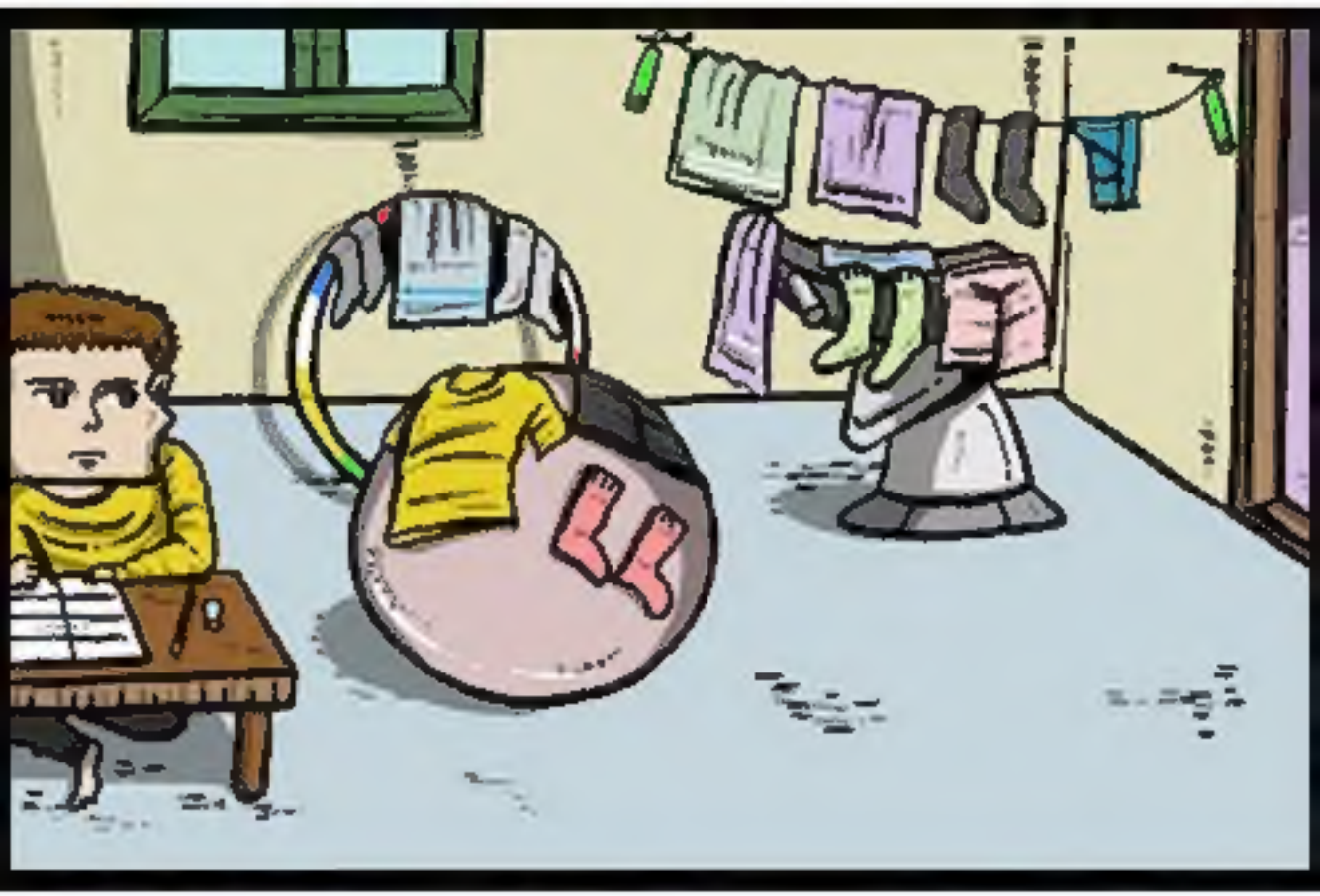
JUMP-ROPE IS WAY BETTER THAN HULA HOOPS..
IT'S AEROBIC EXERCISE AND IT HELPS YOU LOSE A TON OF WEIGHT

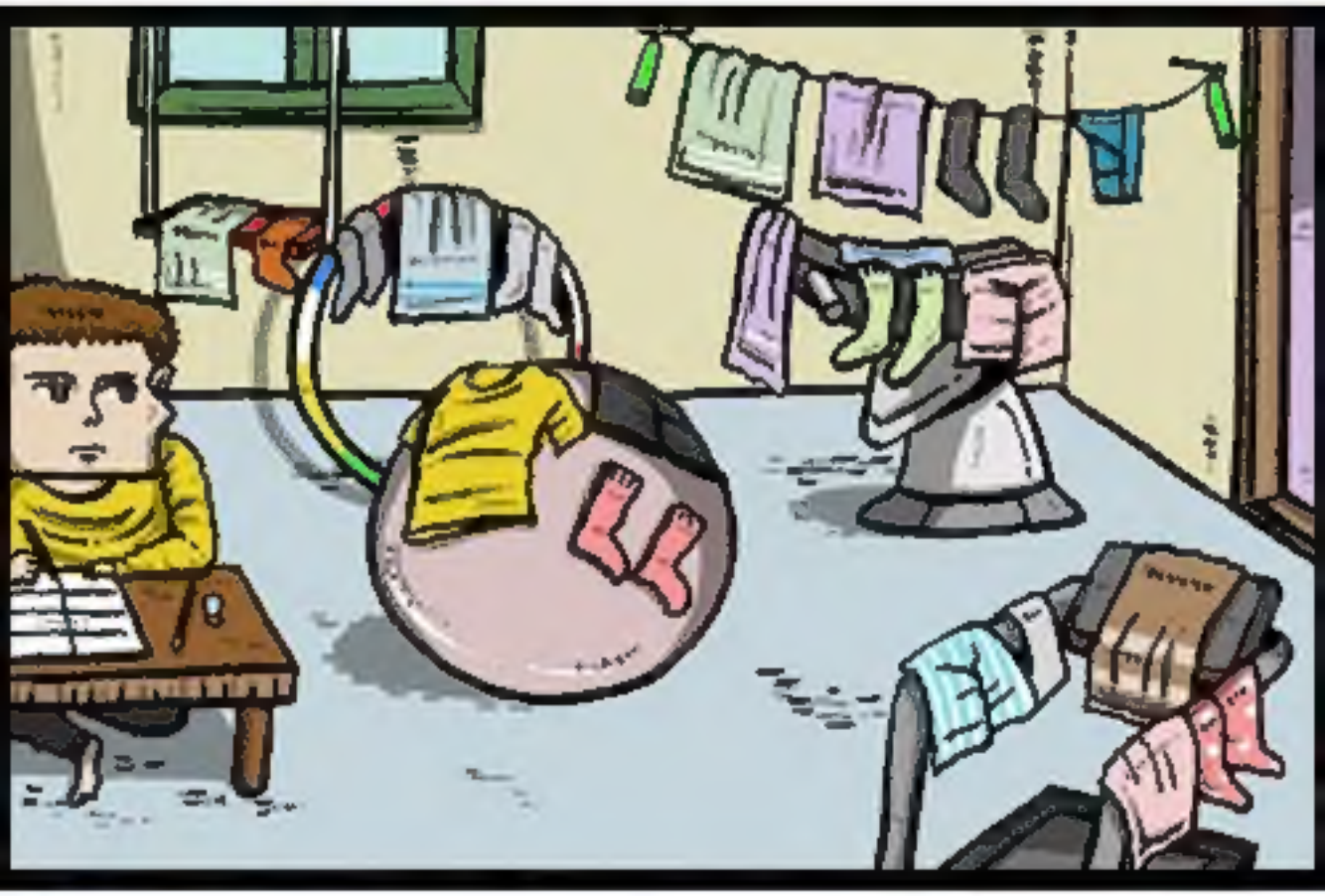




A HOT NEW BODY FOR MOM

IT SEEMS LIKE WOMEN ARE CONSTANTLY GOING ON DIETS





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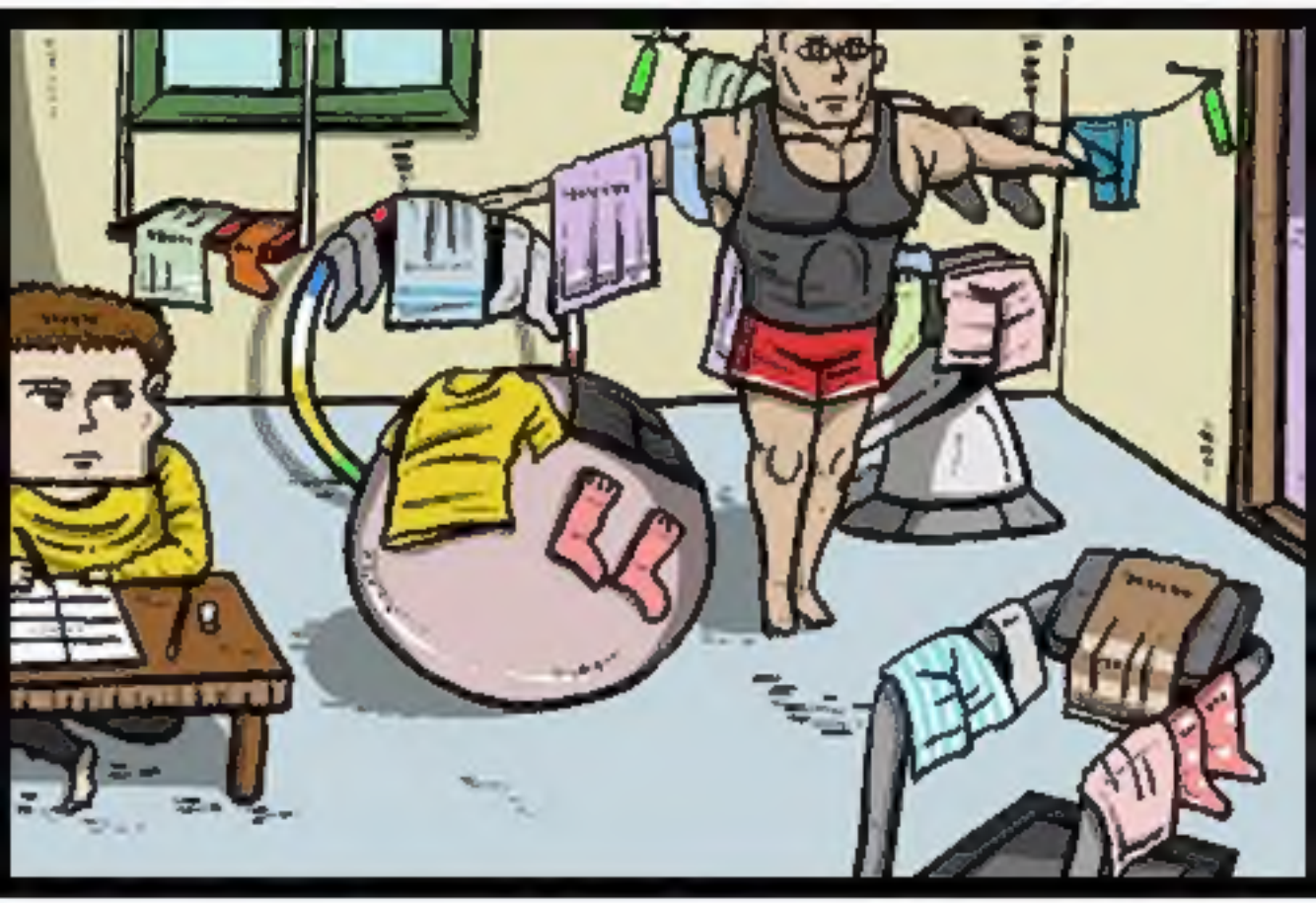


.....?

A HOT NEW BODY
VDV
A HOT NEW BODY
FOR MOM
STARTING
TOMORROW
ONLY $9999 WOW!
FOR MOM

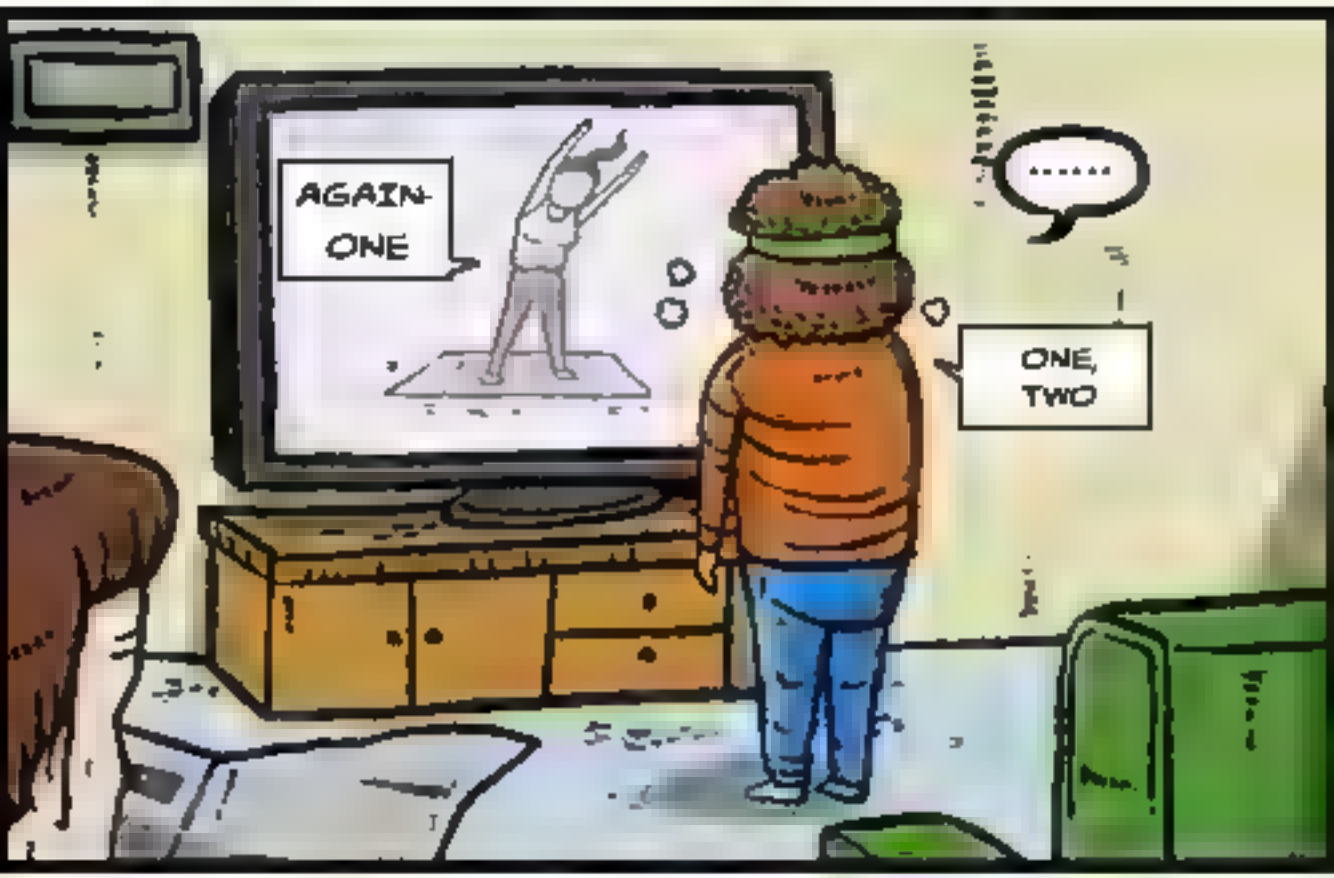
AS WOMEN GET OLDER, THEY TAKE PRIDE IN HOW FIT THEY ARE.

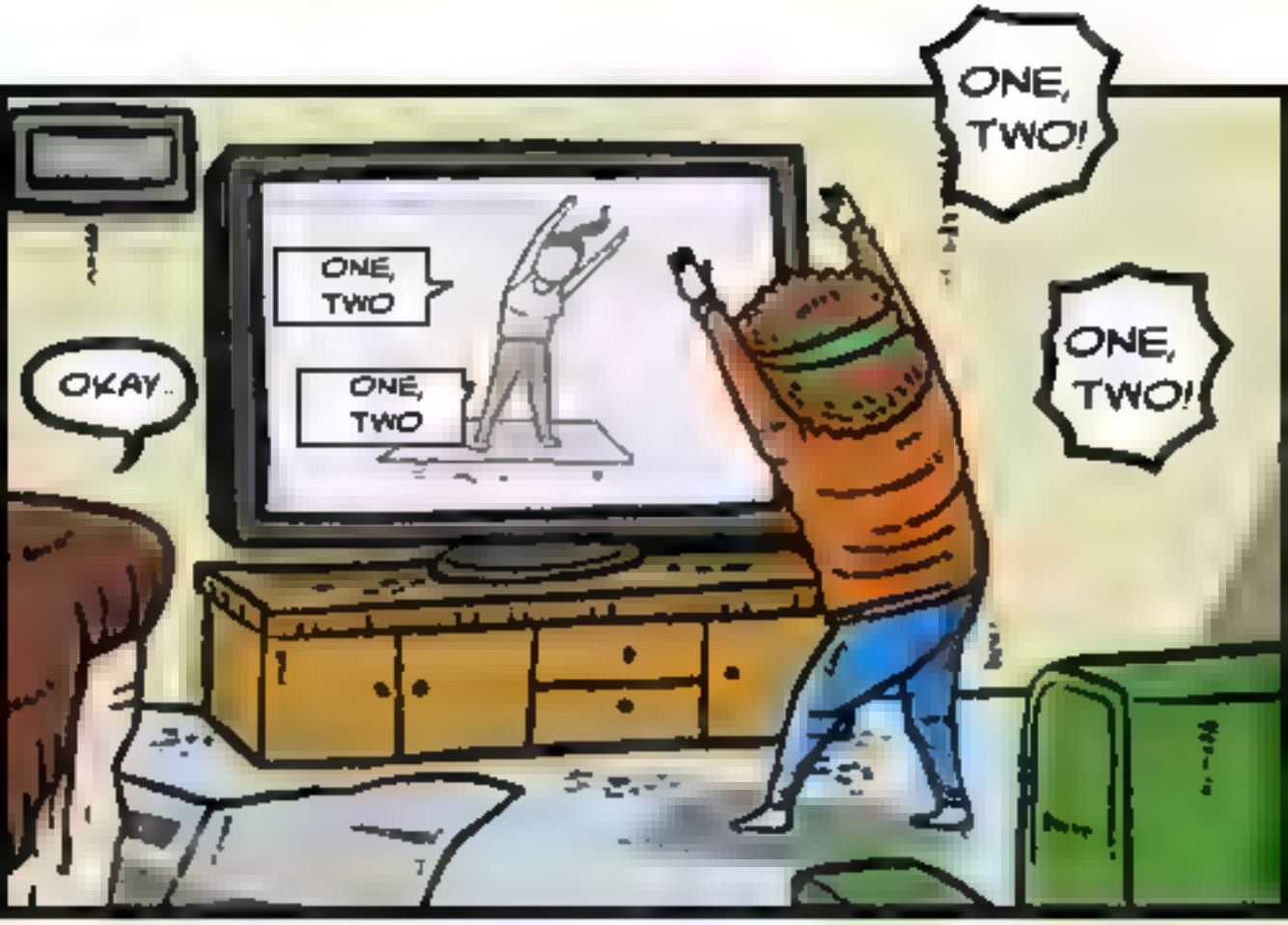
HMPH! THINKS SHE'S BETTER THAN ME! I CAN DO THAT TOO!

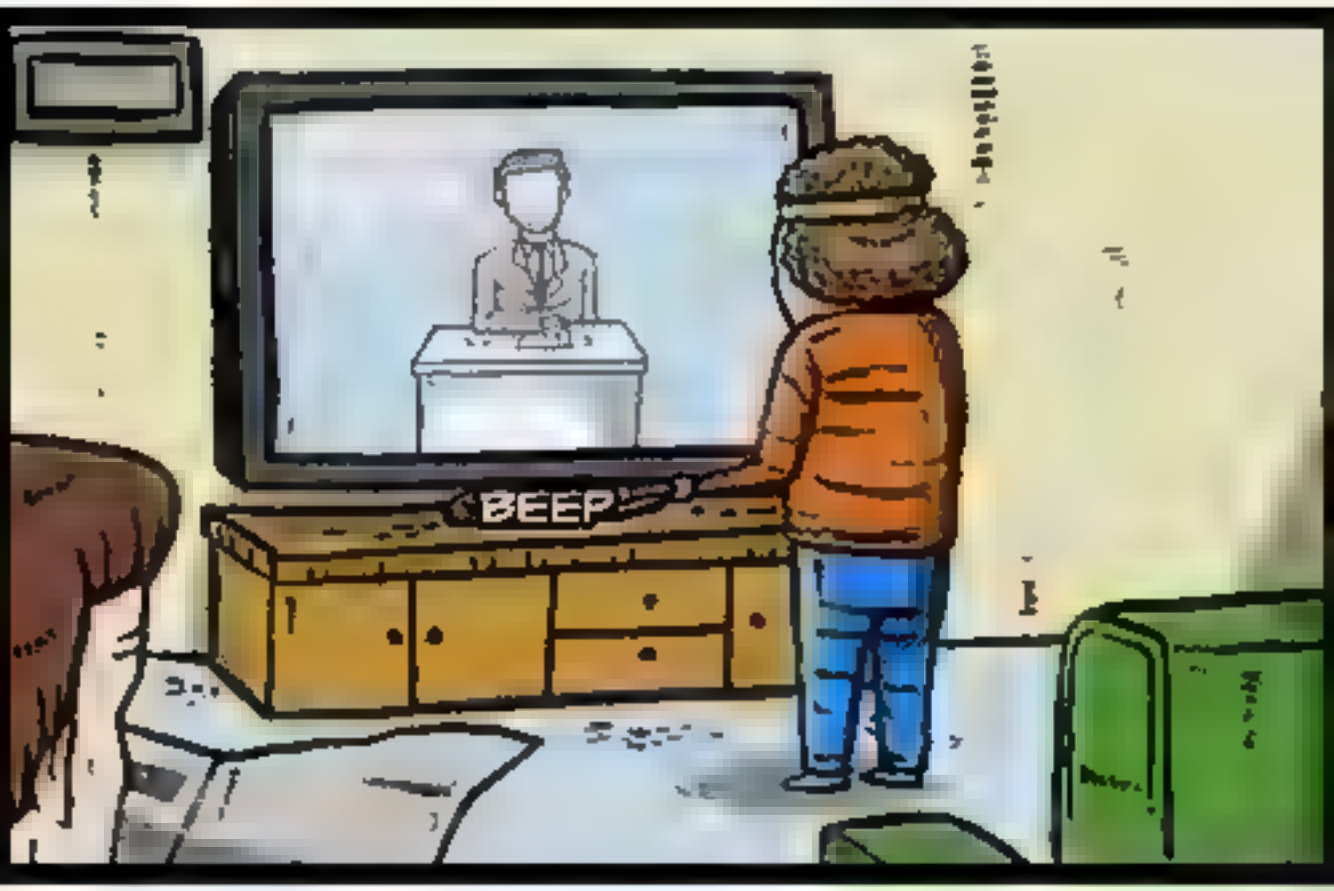
HEY, HELP ME OUT!

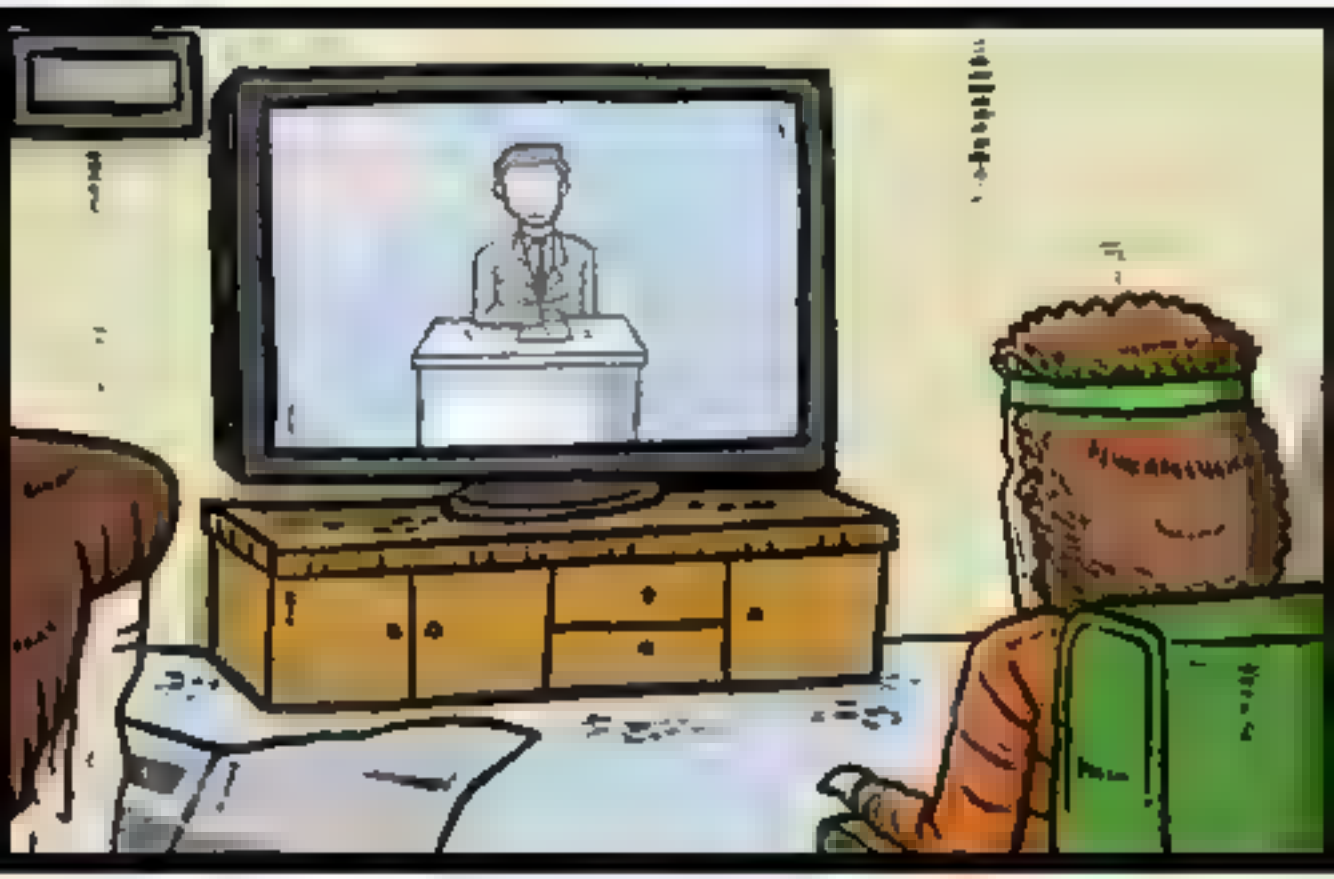
IF I GET TIRED.. AND I DON'T COPY WHAT THEY'RE DOING ON TV..

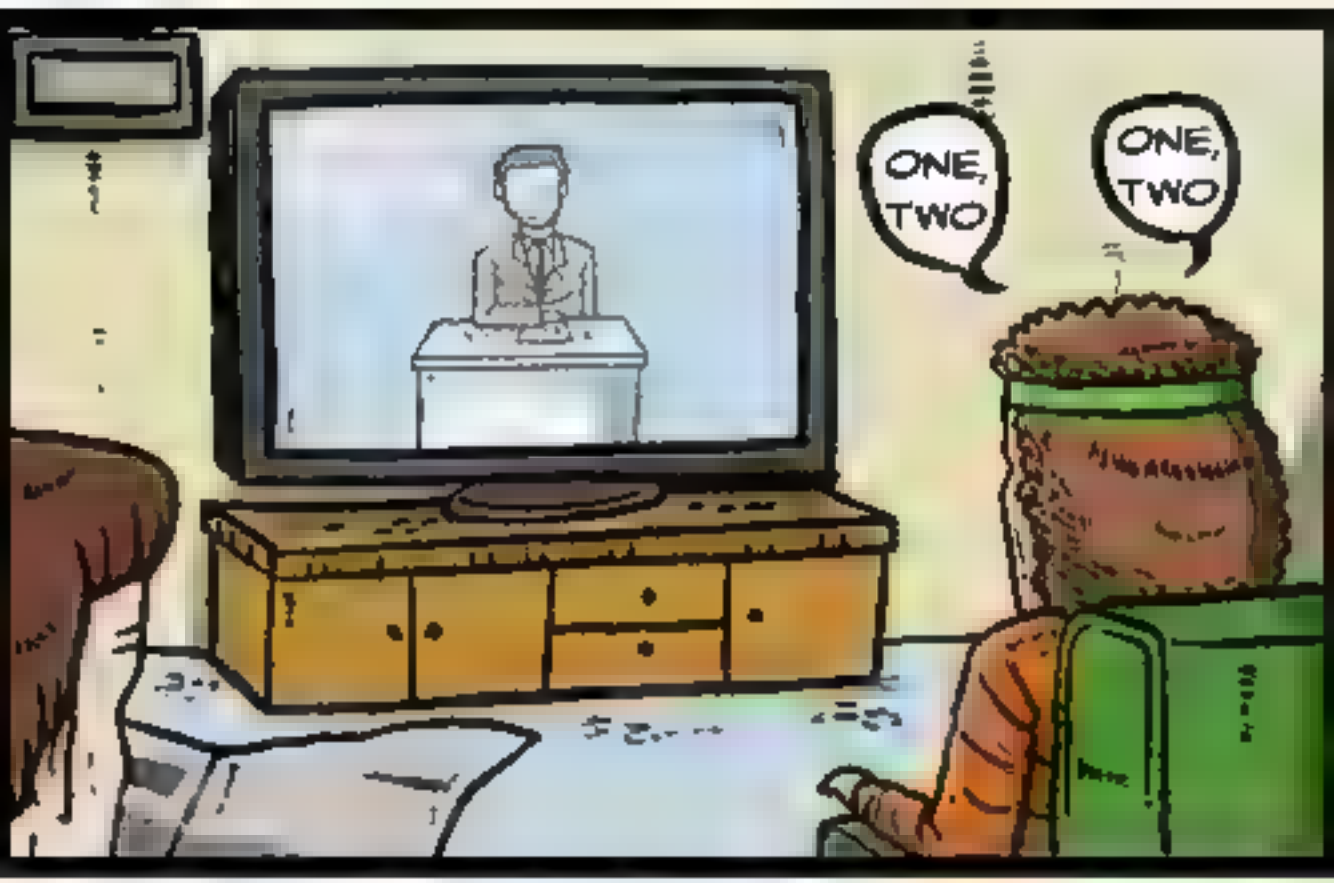
YOU'D BETTER TELL ME TO KEEP GOING!


AGAIN-
ONE
.....
ONE,
TWO

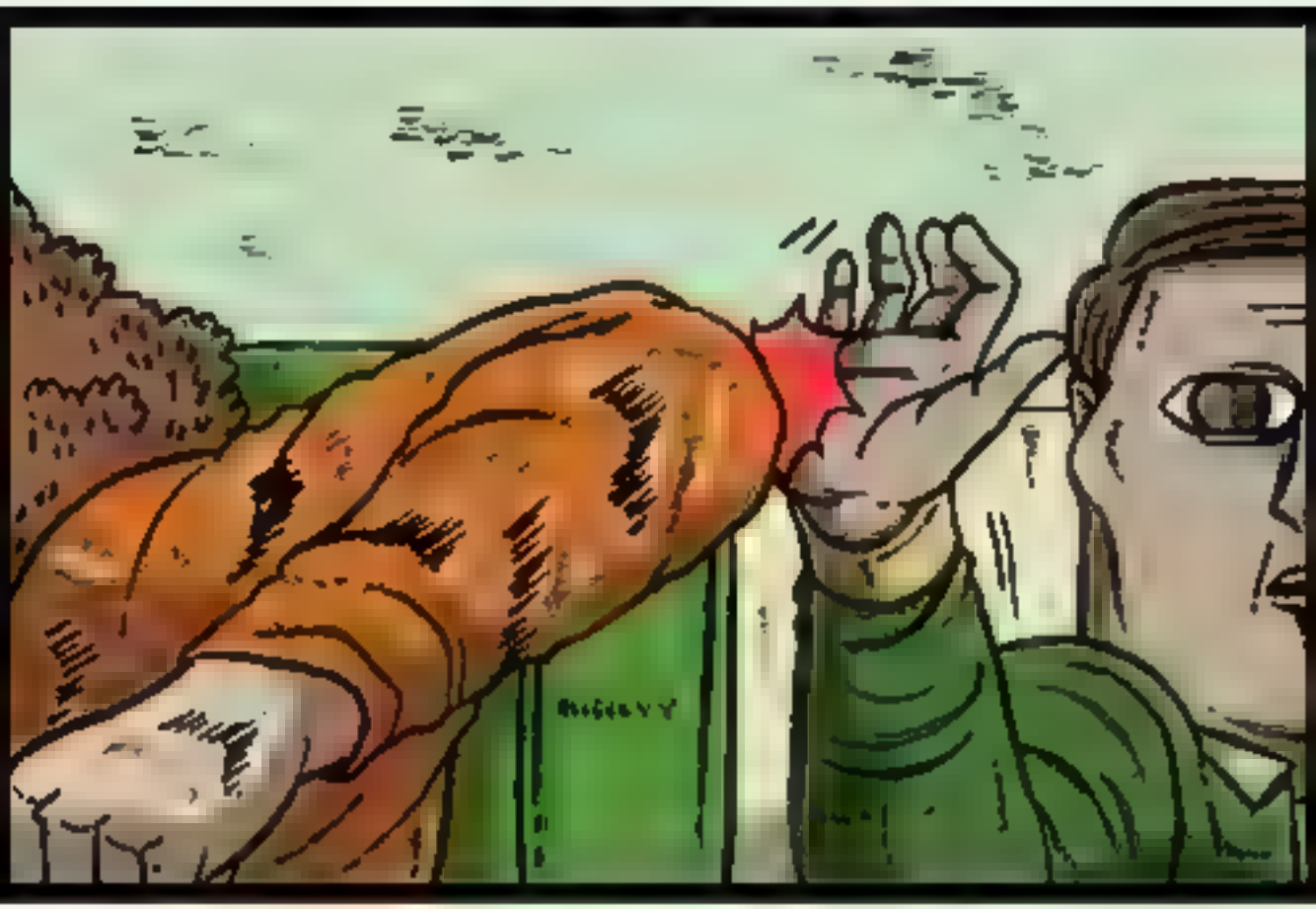

ONE, TWO!
ONE, TWO
ONE, TWO
OKAY..
ONE, TWO!


BEEP

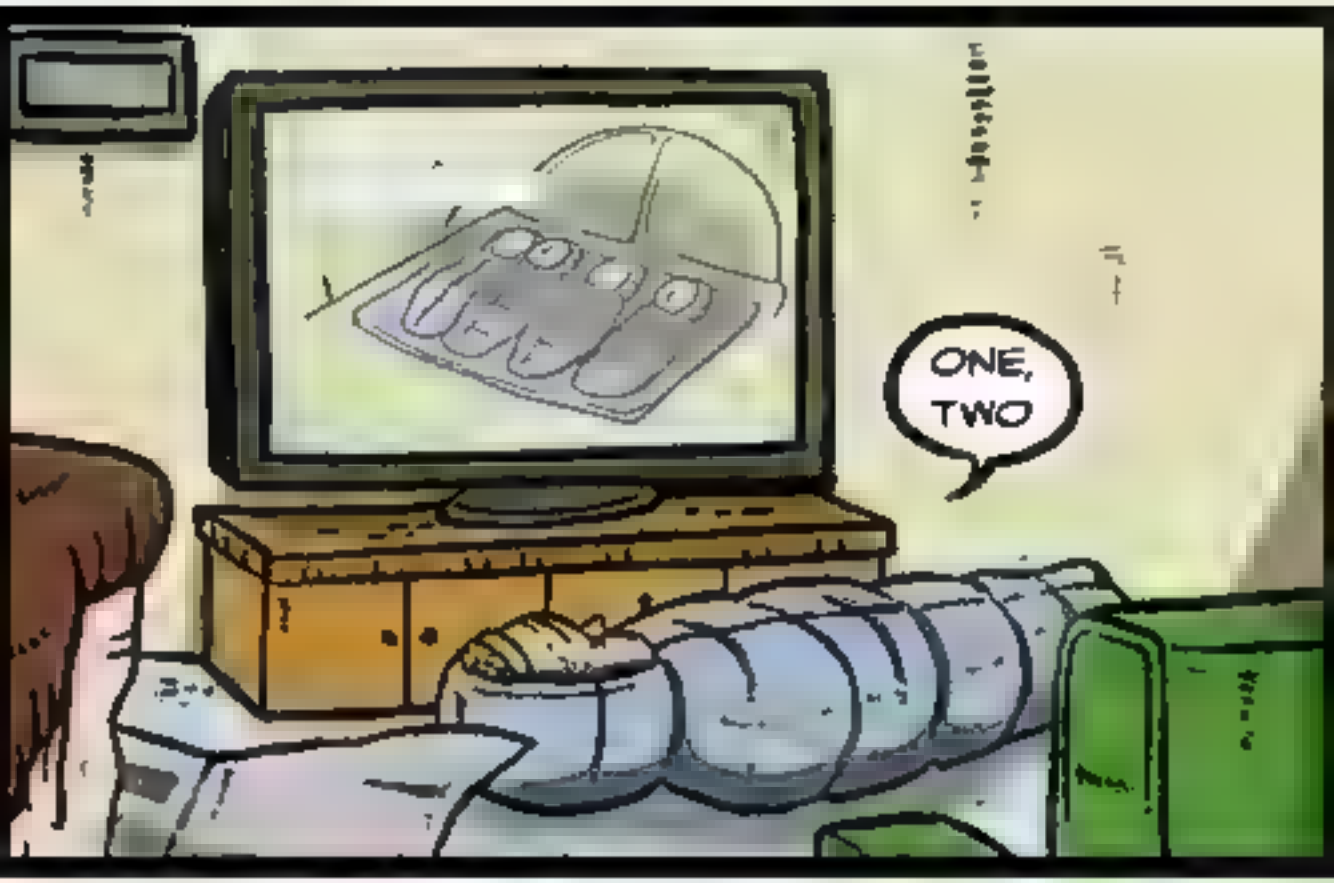



ONE, TWO
ONE, TWO

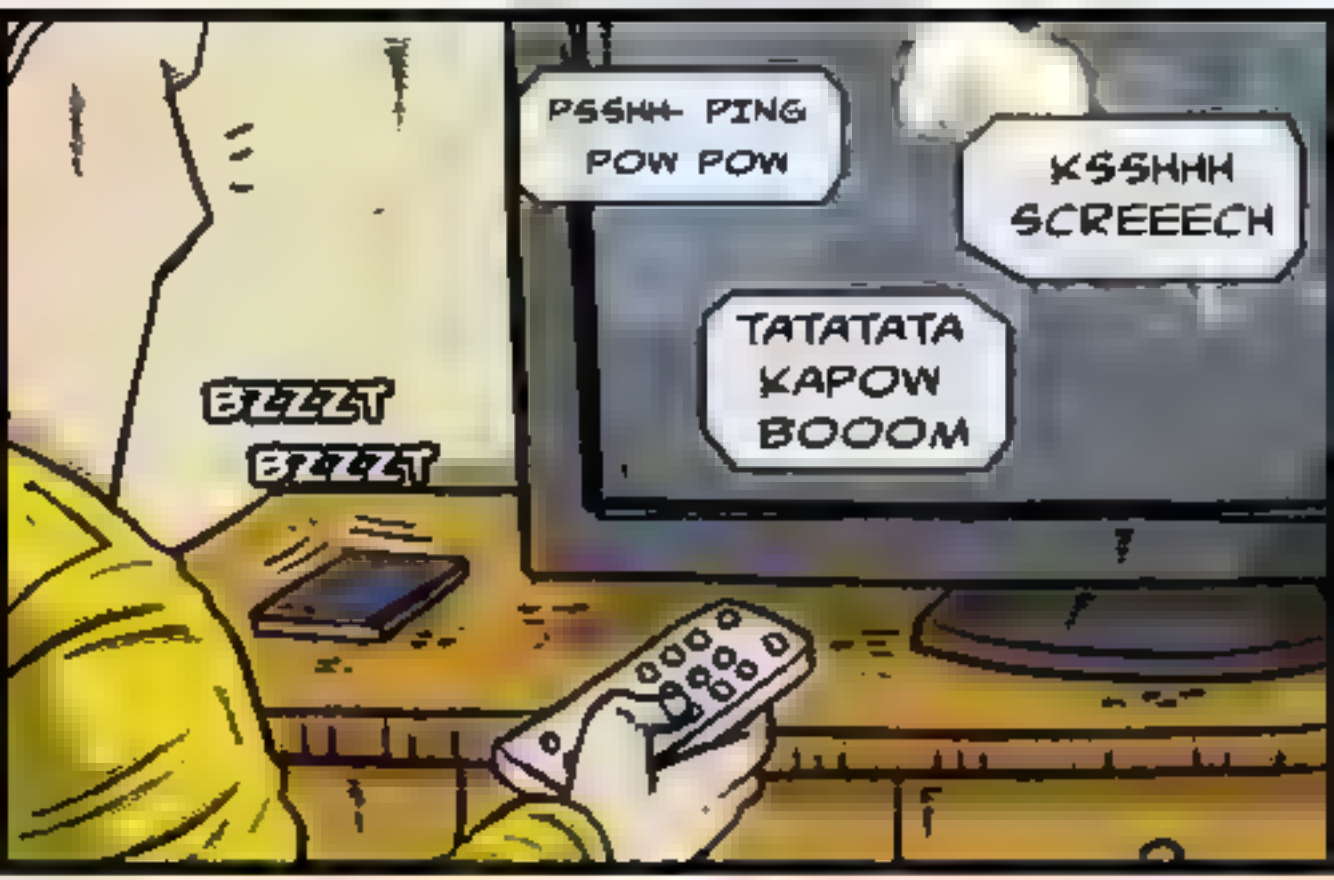
HONEY.....



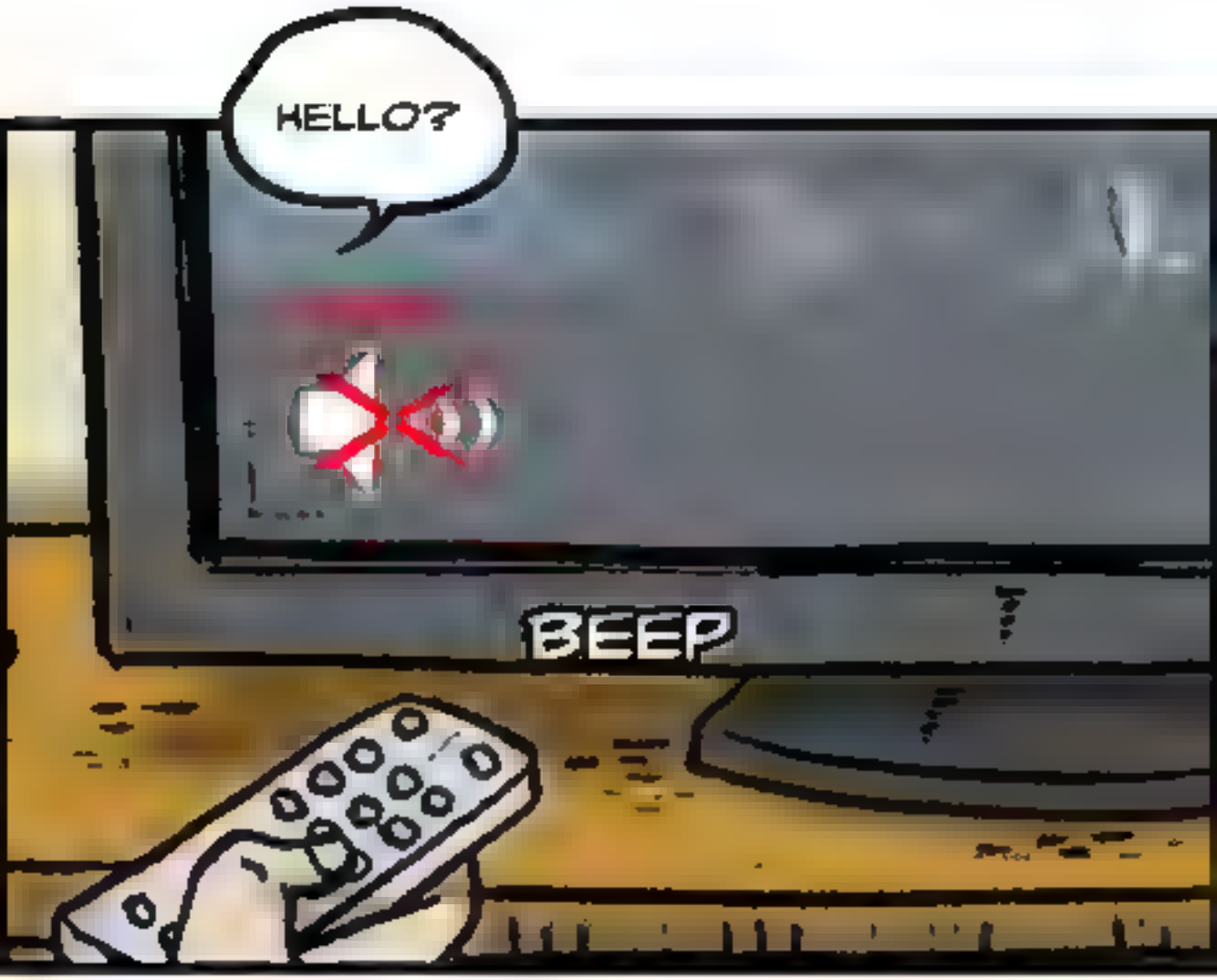
OH WHATEVER, IT'S EXACTLY THE SAME

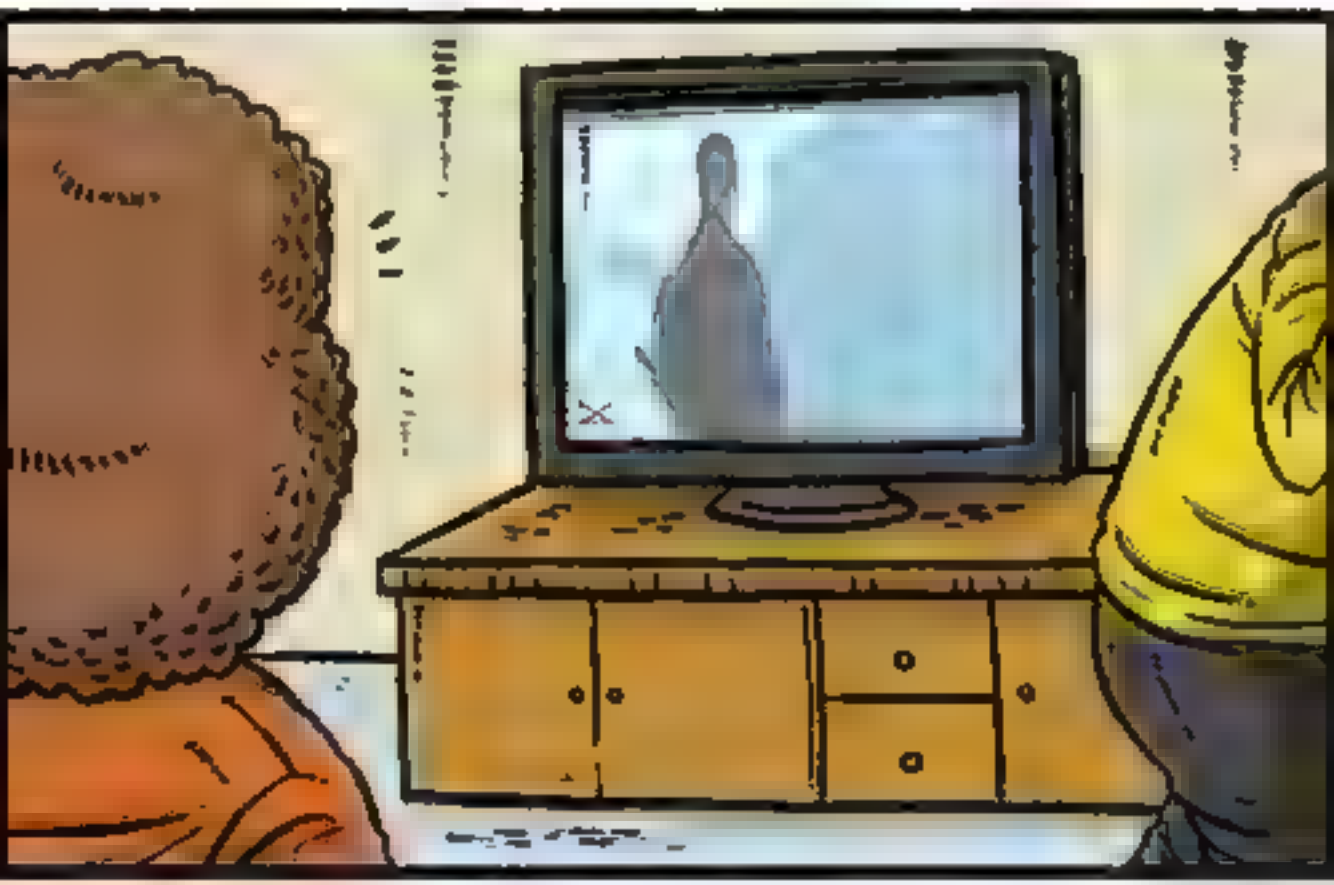

ONE, TWO

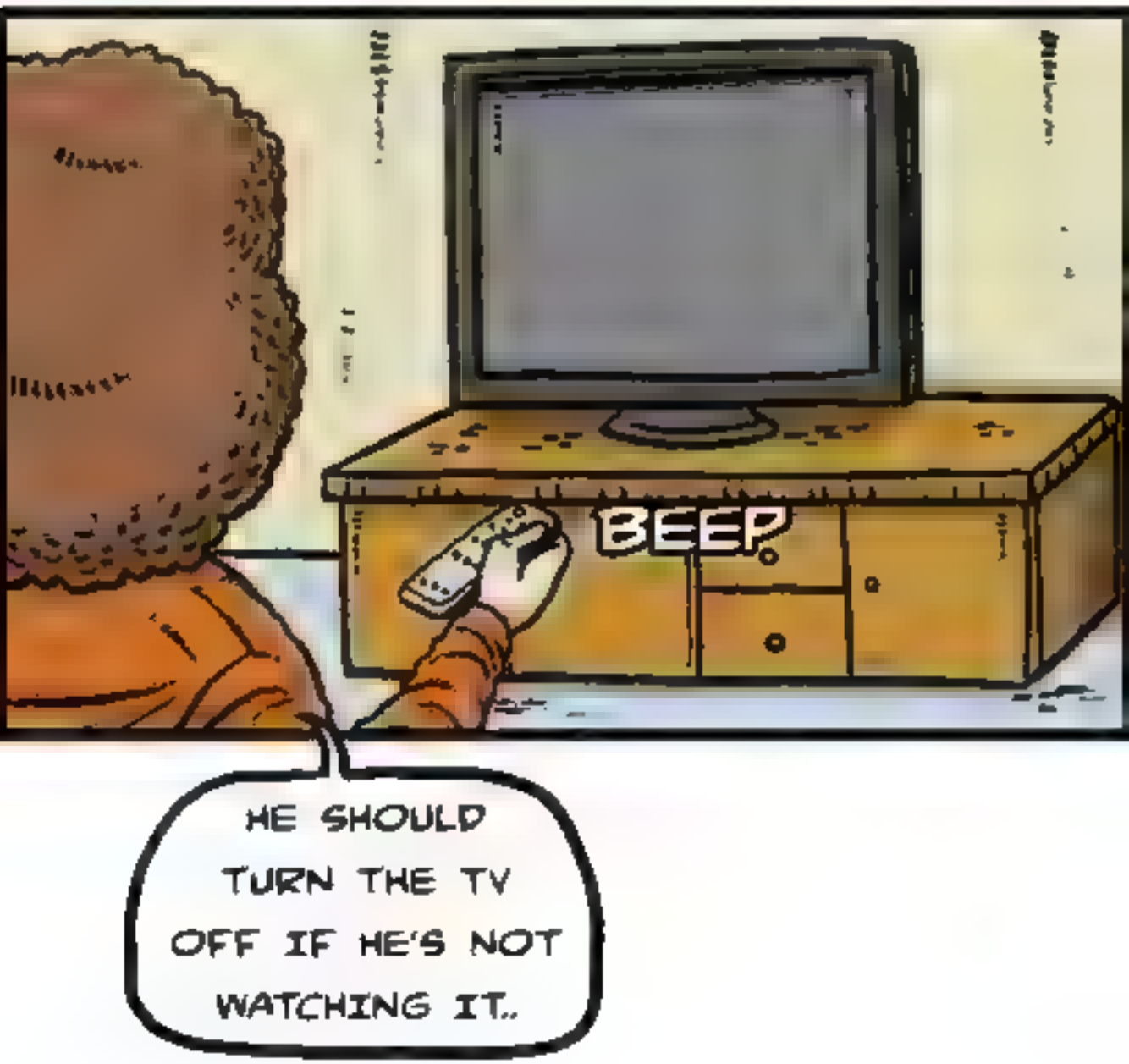
THE NEXT DAY



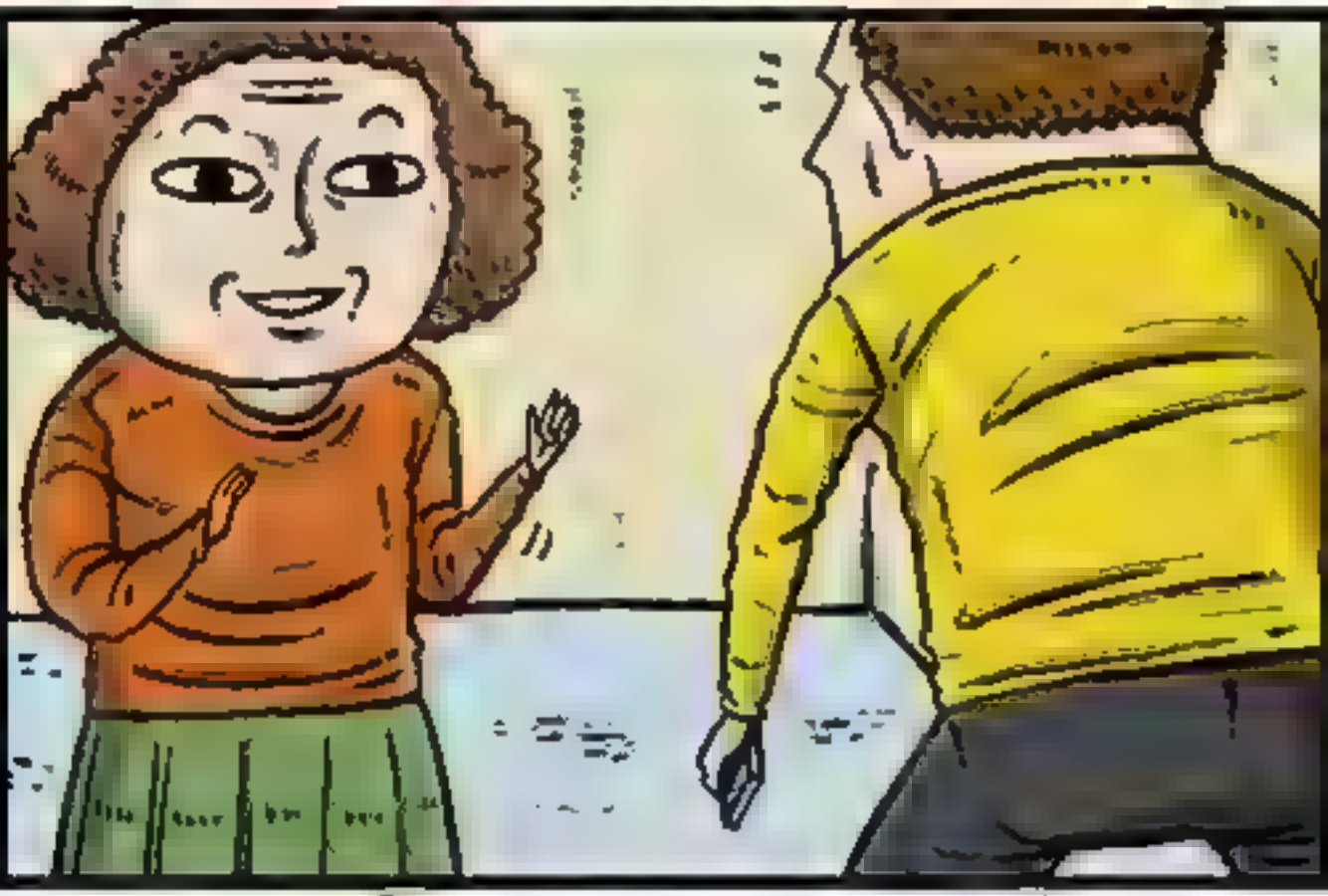
HUH? LOOKS LIKE SOMEONE'S CALLING ME


HELLO?
BEEP


YEAH, THAT'S ME... YEAH

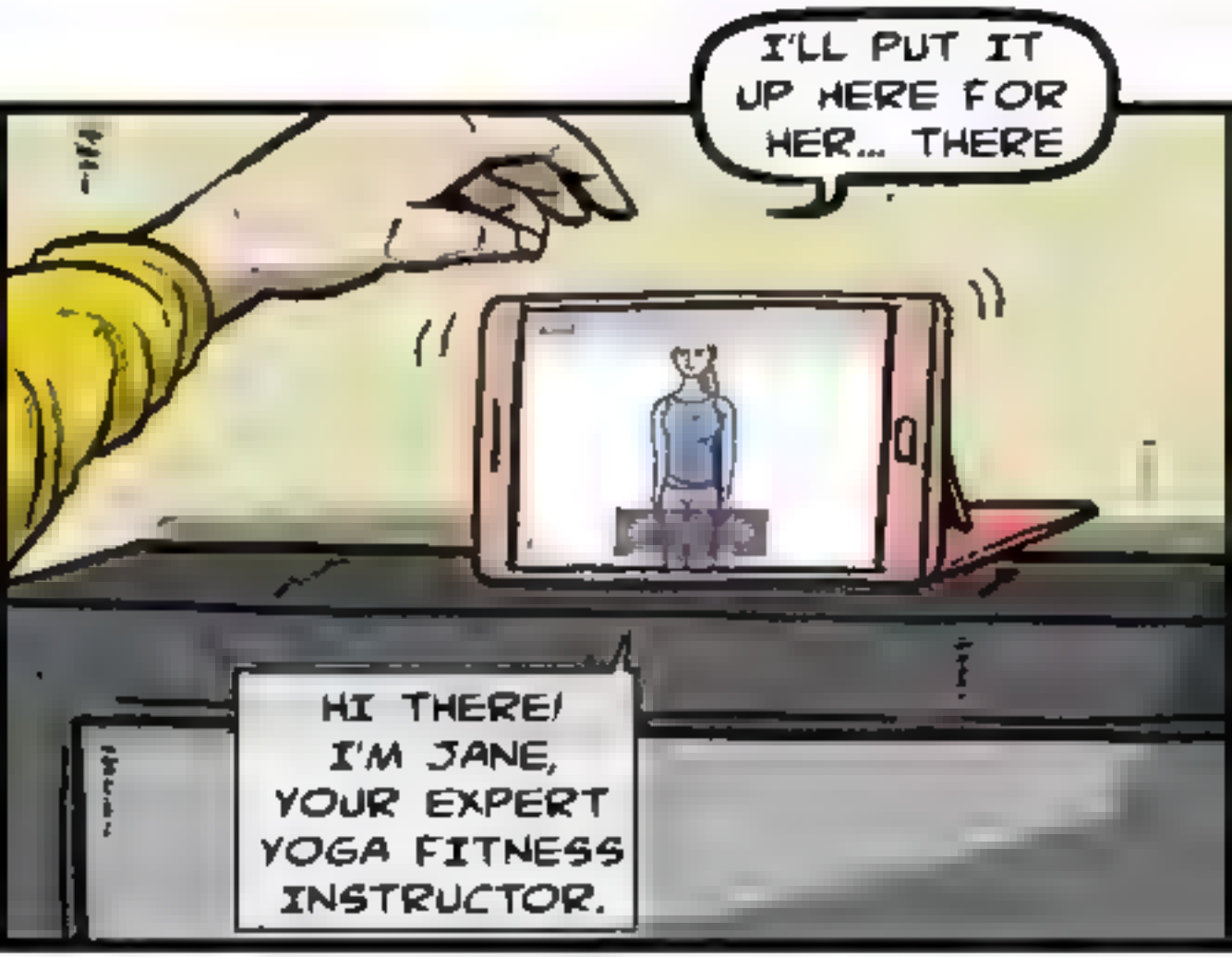

BEEP
HE SHOULD TURN THE TV OFF IF HE'S NOT WATCHING IT..

MY MOM KEPT GOING WITH HER DIET

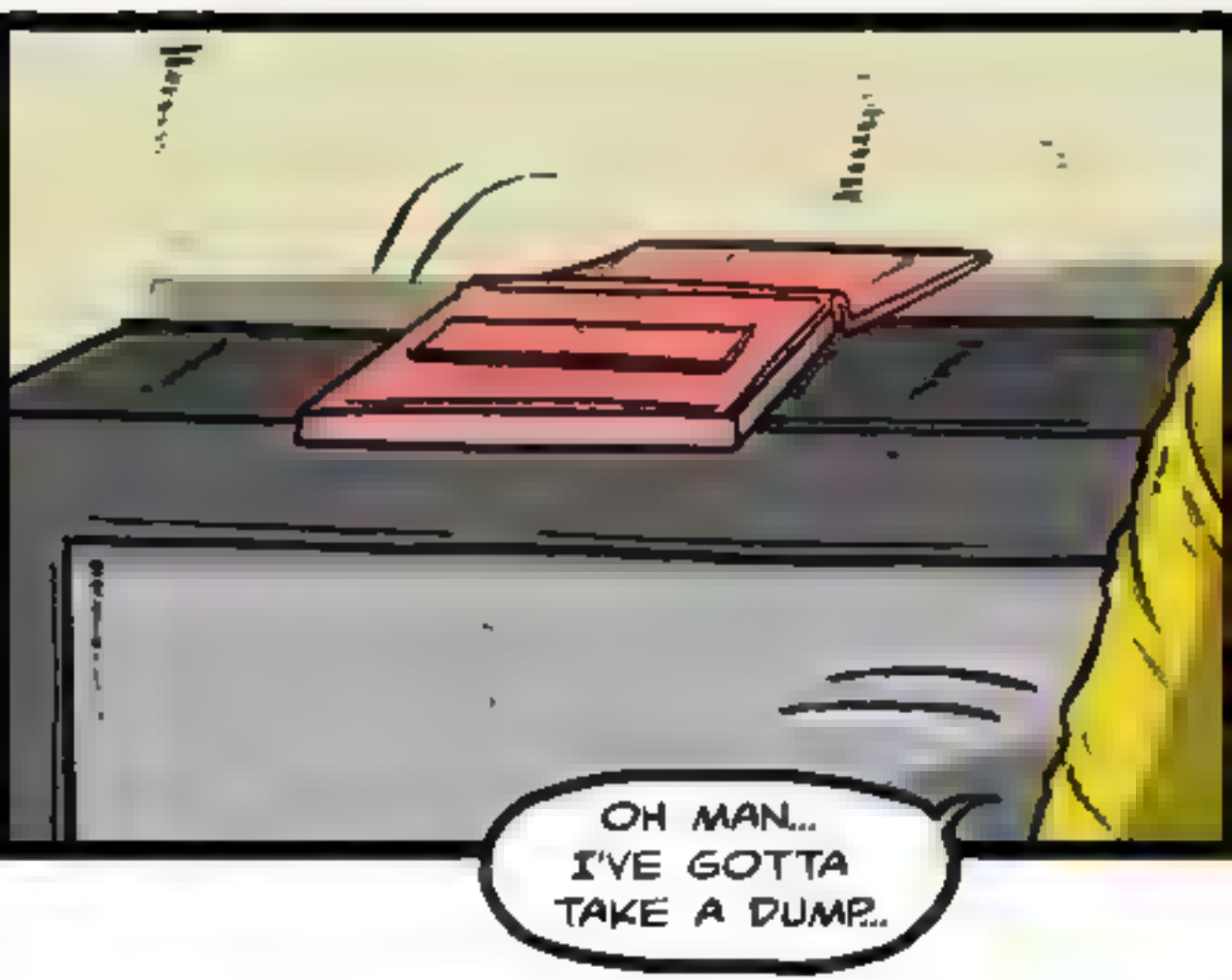


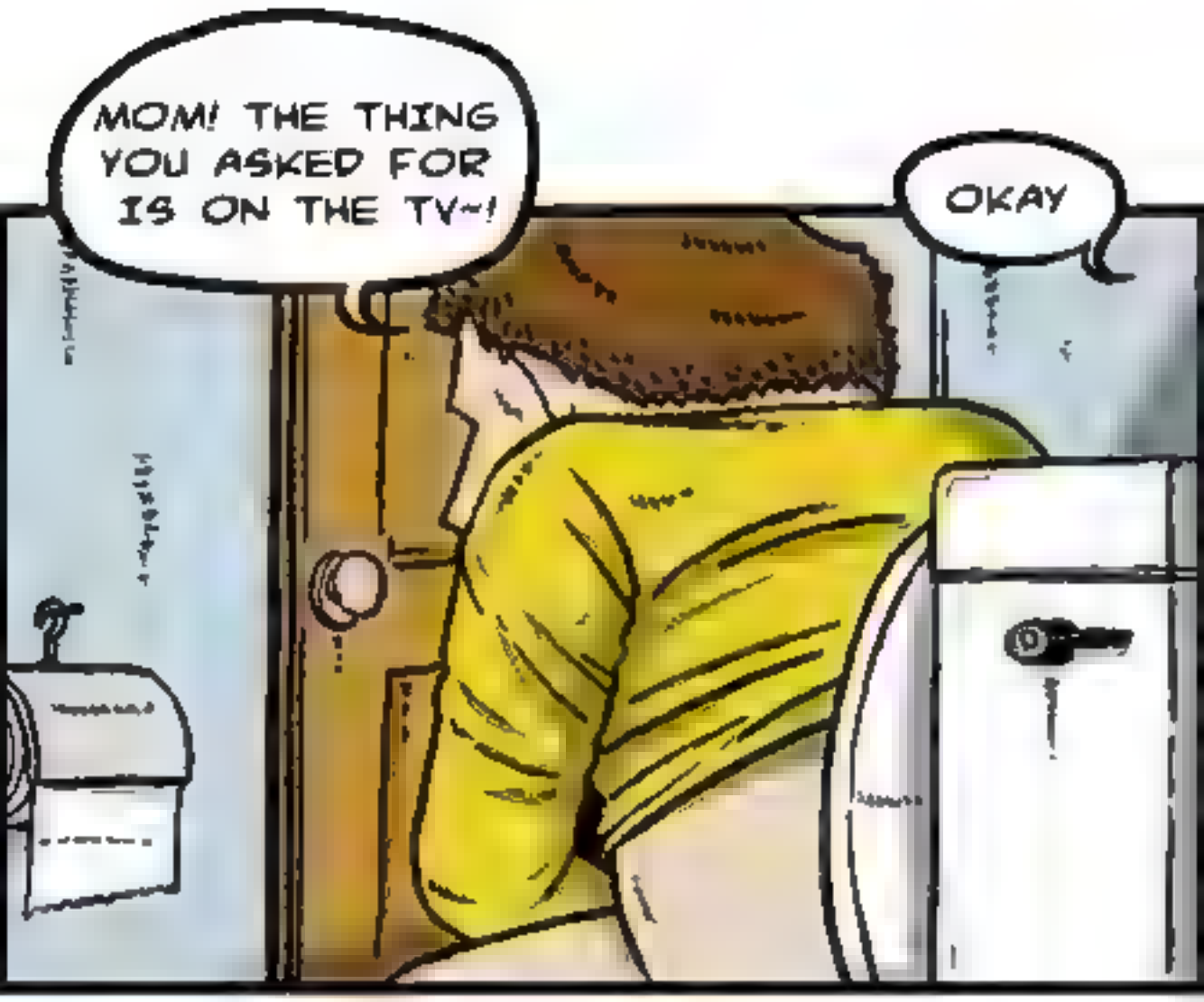
HEY SEOK, CAN YOU FIND ME AN EXERCISE VIDEO I CAN FOLLOW ALONG WITH?

HUH? AH...

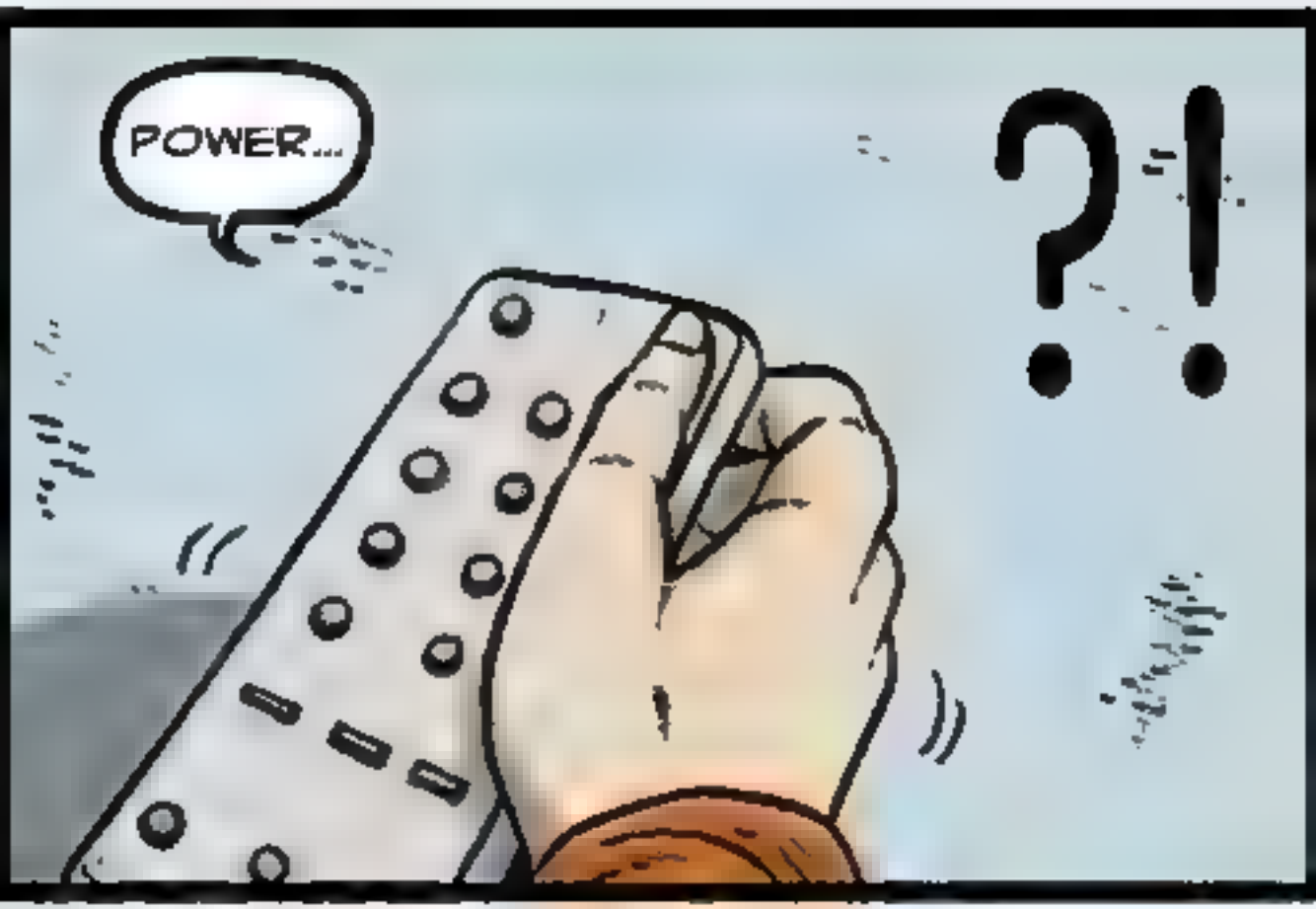

I'LL PUT IT UP HERE FOR HER... THERE
HI THERE! I'M JANE, YOUR EXPERT YOGA FITNESS INSTRUCTOR.

I'LL DOWNLOAD A YOGA VIDEO FOR HER ON HER SMARTPHONE
JANE'S HOT BODY MAKING YOGA CLASS
...THIS SHOULD BE FINE


OH MAN...
I'VE GOTTA
TAKE A DUMP...


MOM! THE THING YOU ASKED FOR IS ON THE TV~!
OKAY

REALLY?
TRY PUSHING
THE POWER BUTTON
TO TURN IT ON

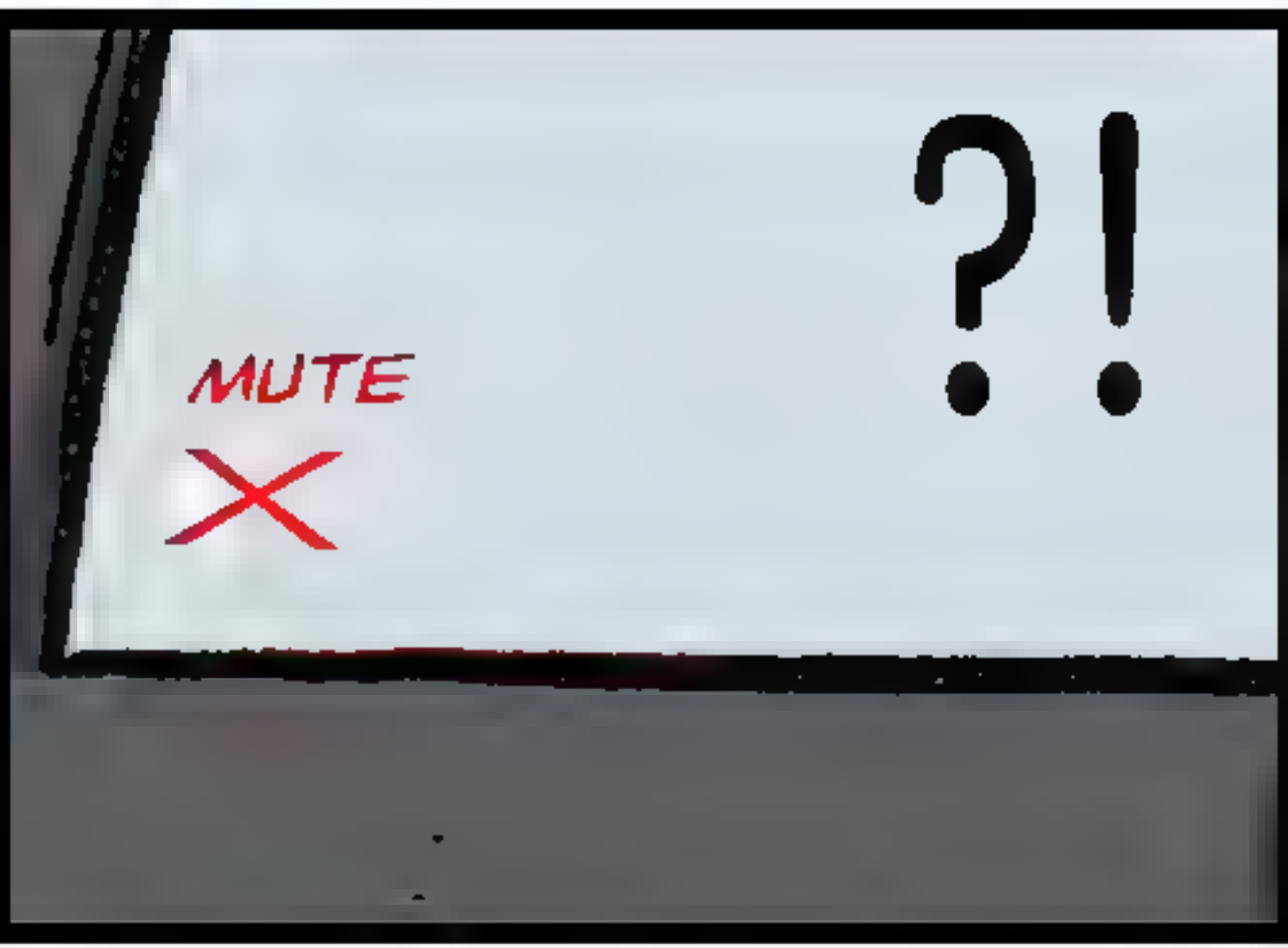

POWER...
?!

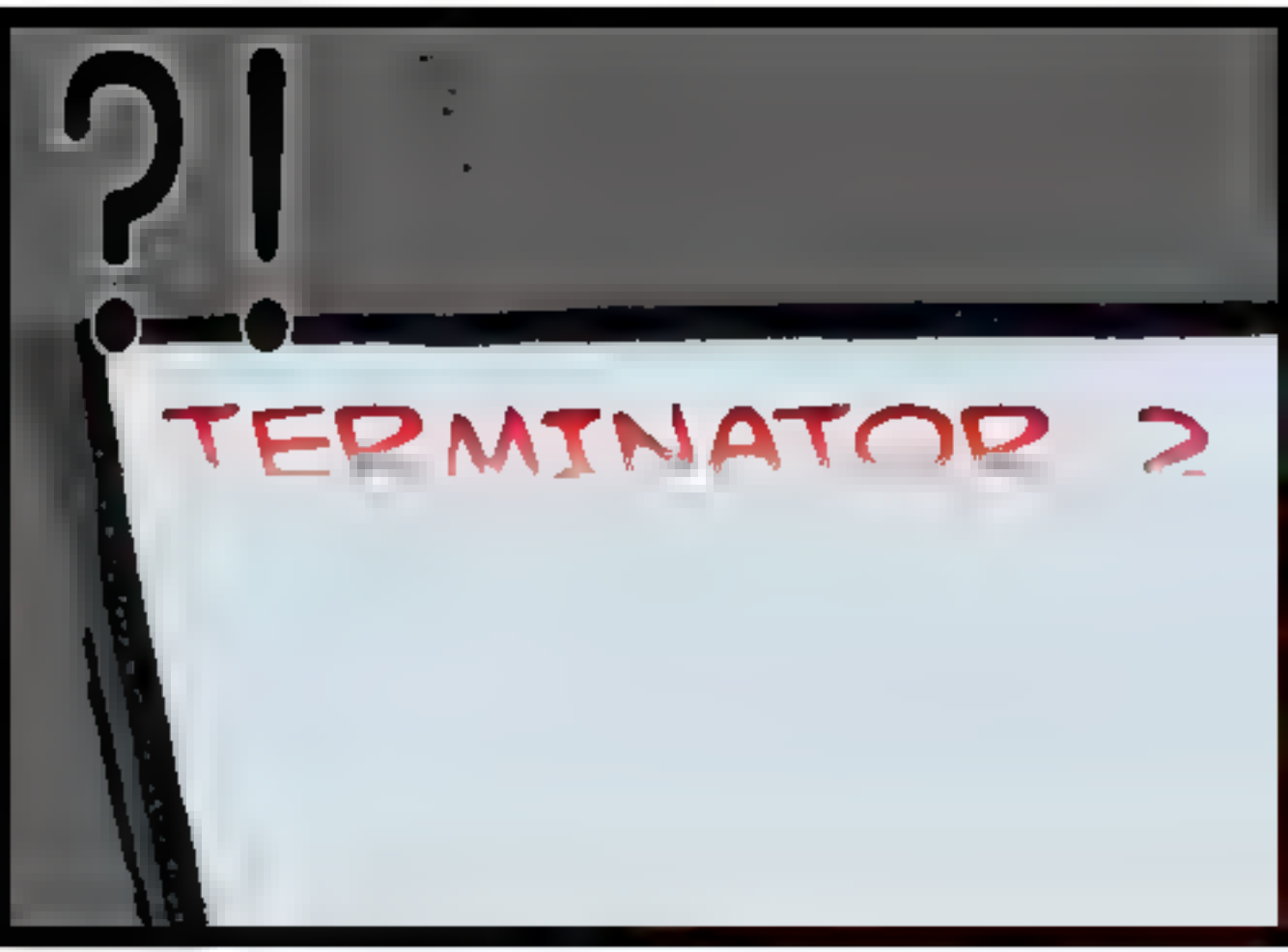
AH, I'VE GOT IT NOW~ THANKS
OKAY~

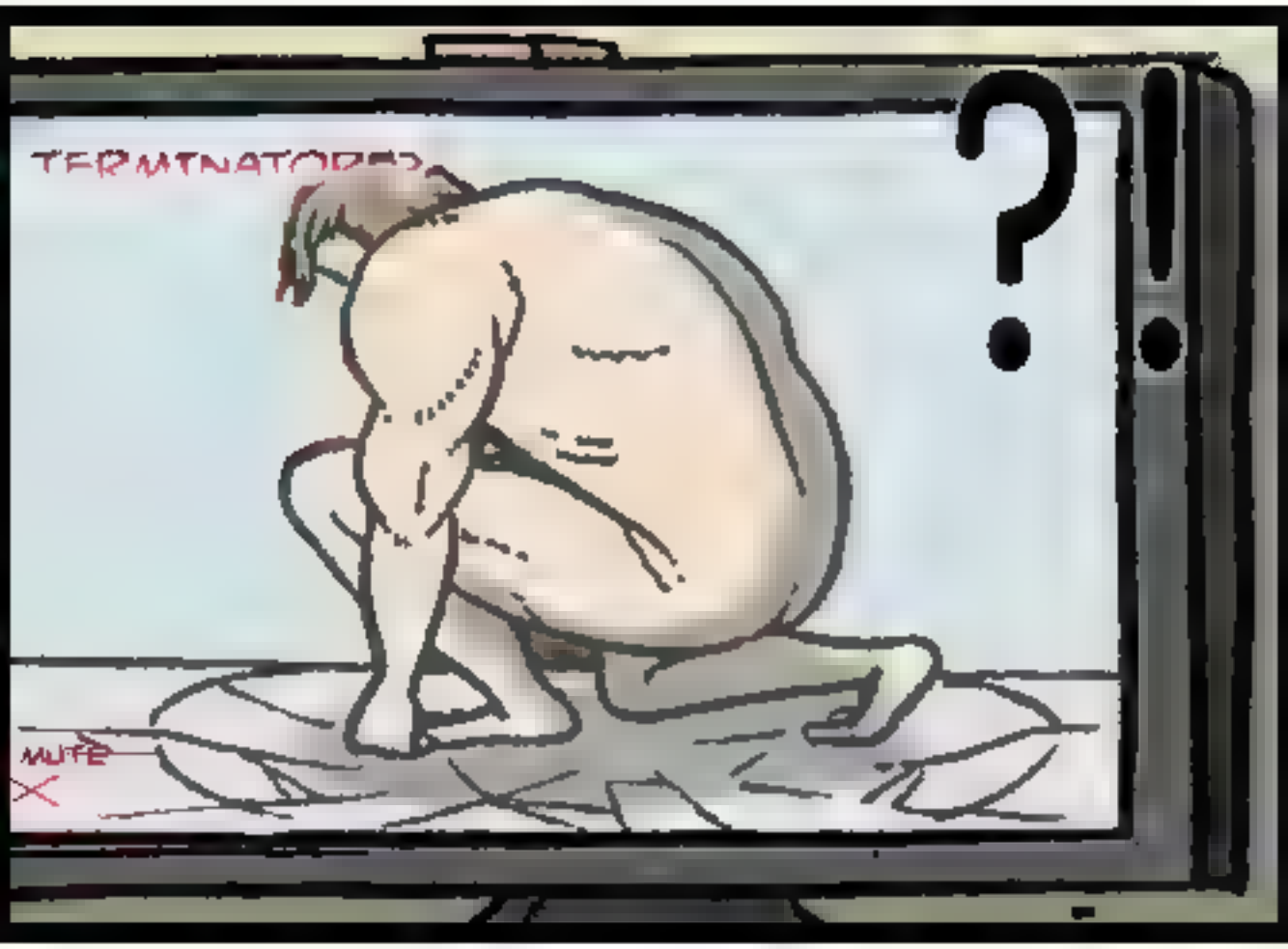
WHEW..
THAT WAS
A ROUGH
ONE..

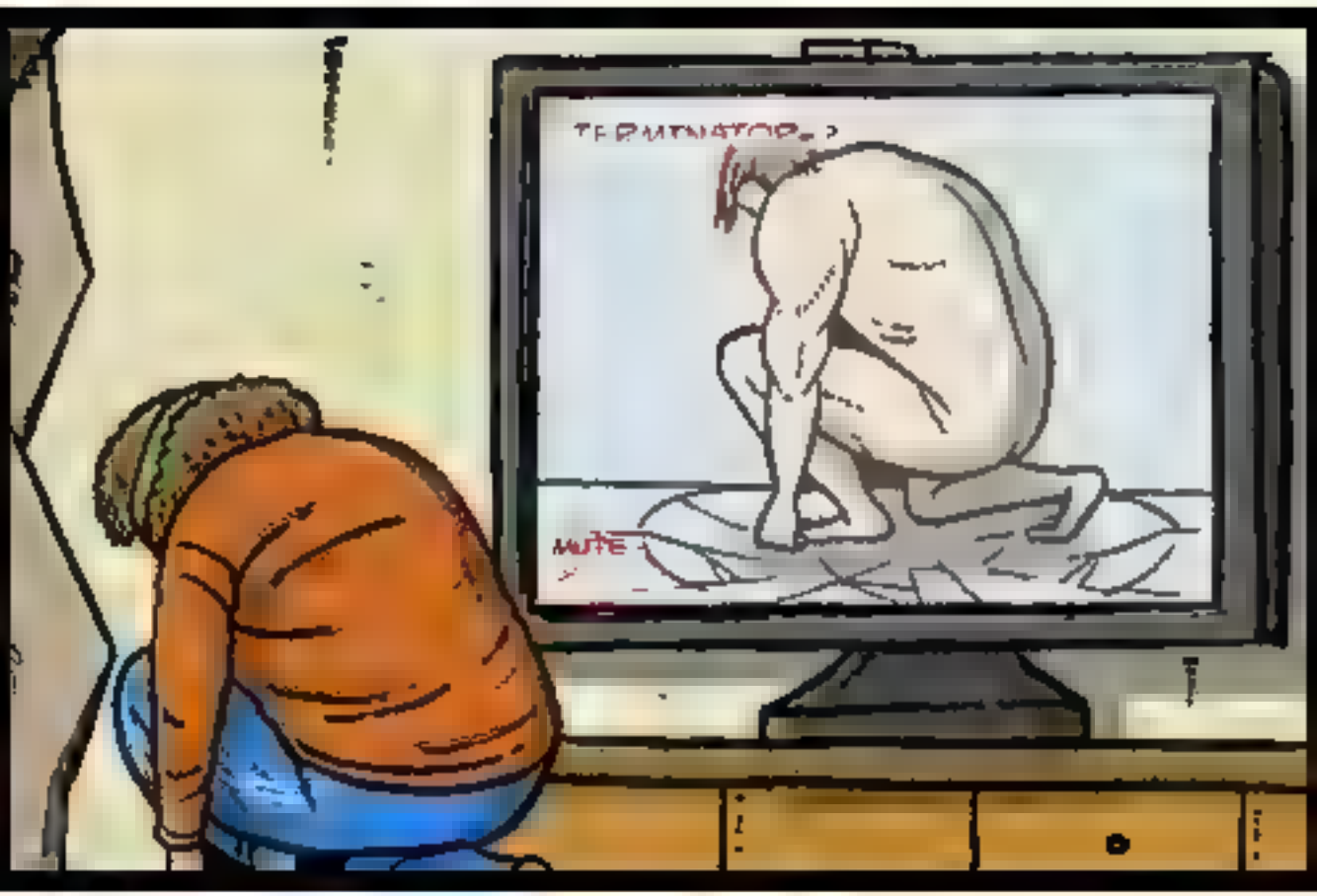
....?

?!
THIS IS THE "BELLY FAT BURNING POSITION."

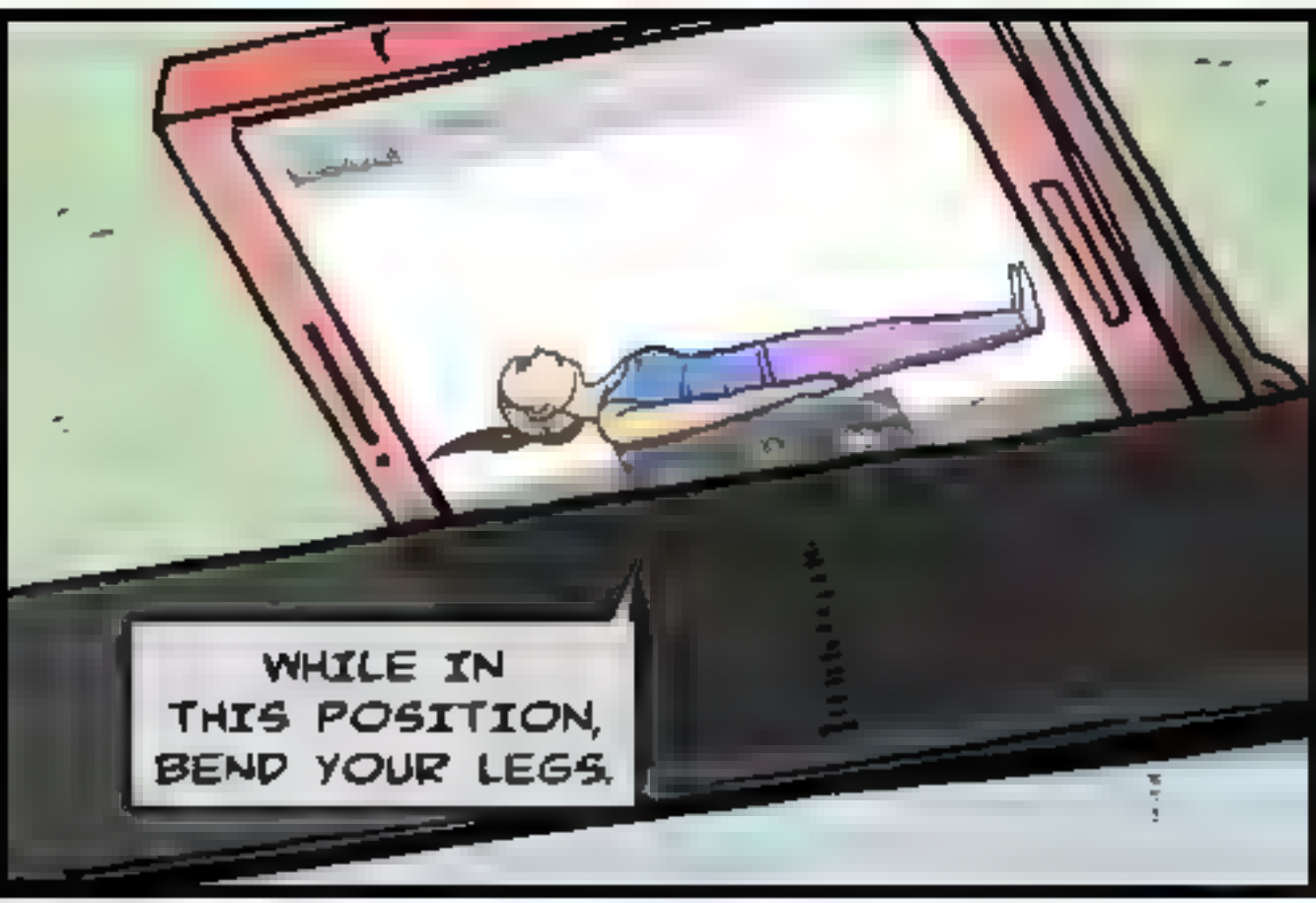

?!
MUTE

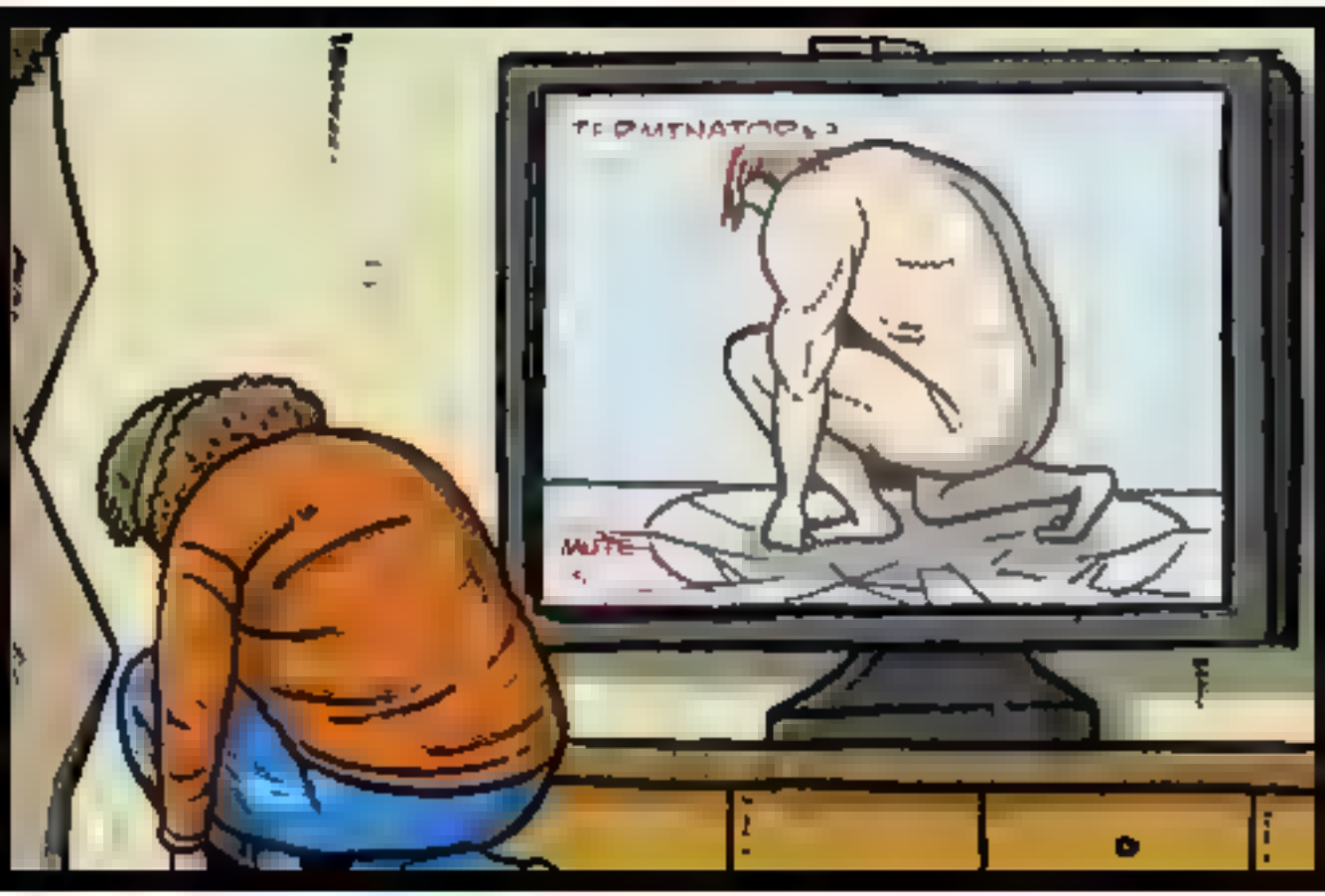

?!
TERMINATOR 2

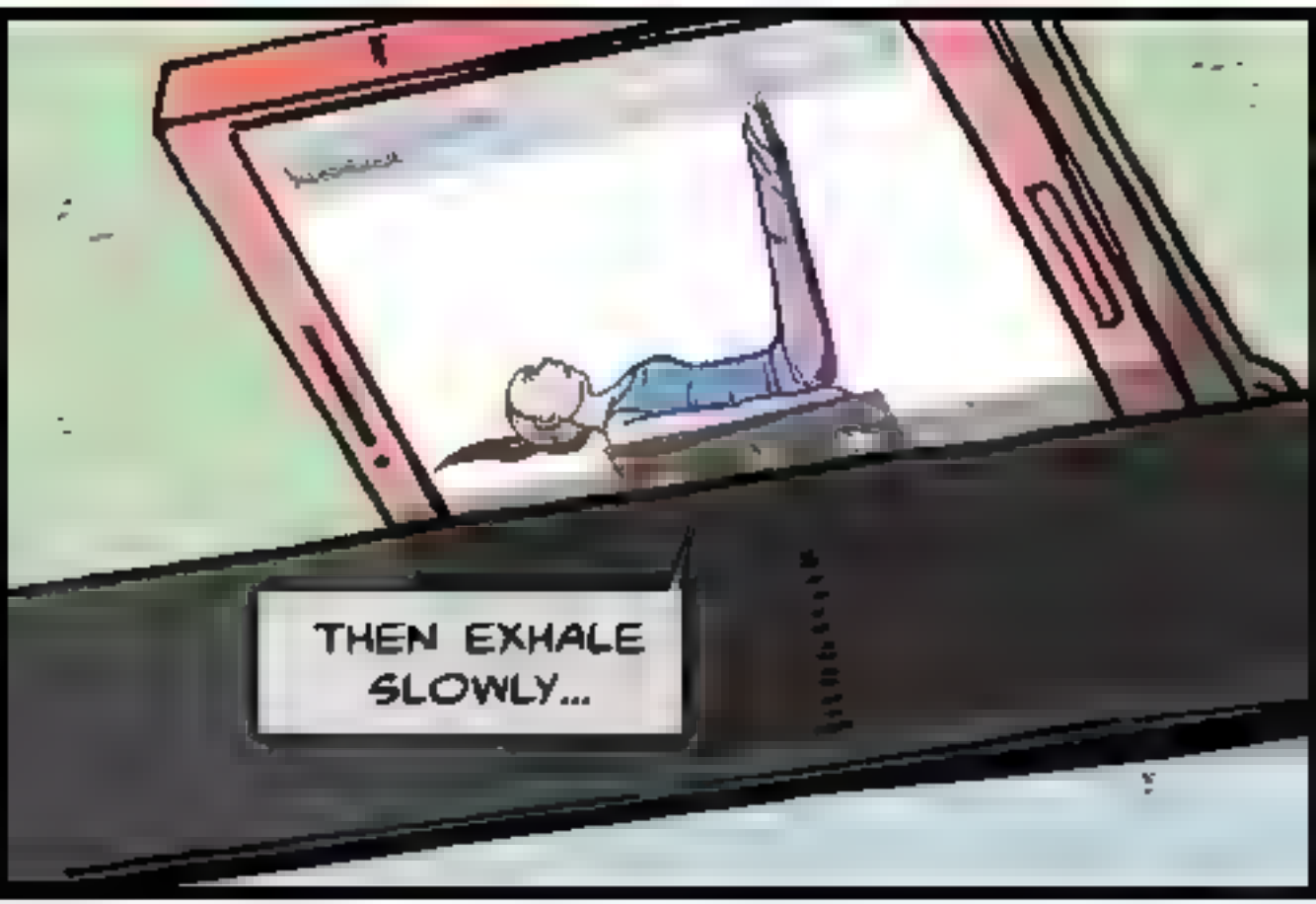

?!
MUTE

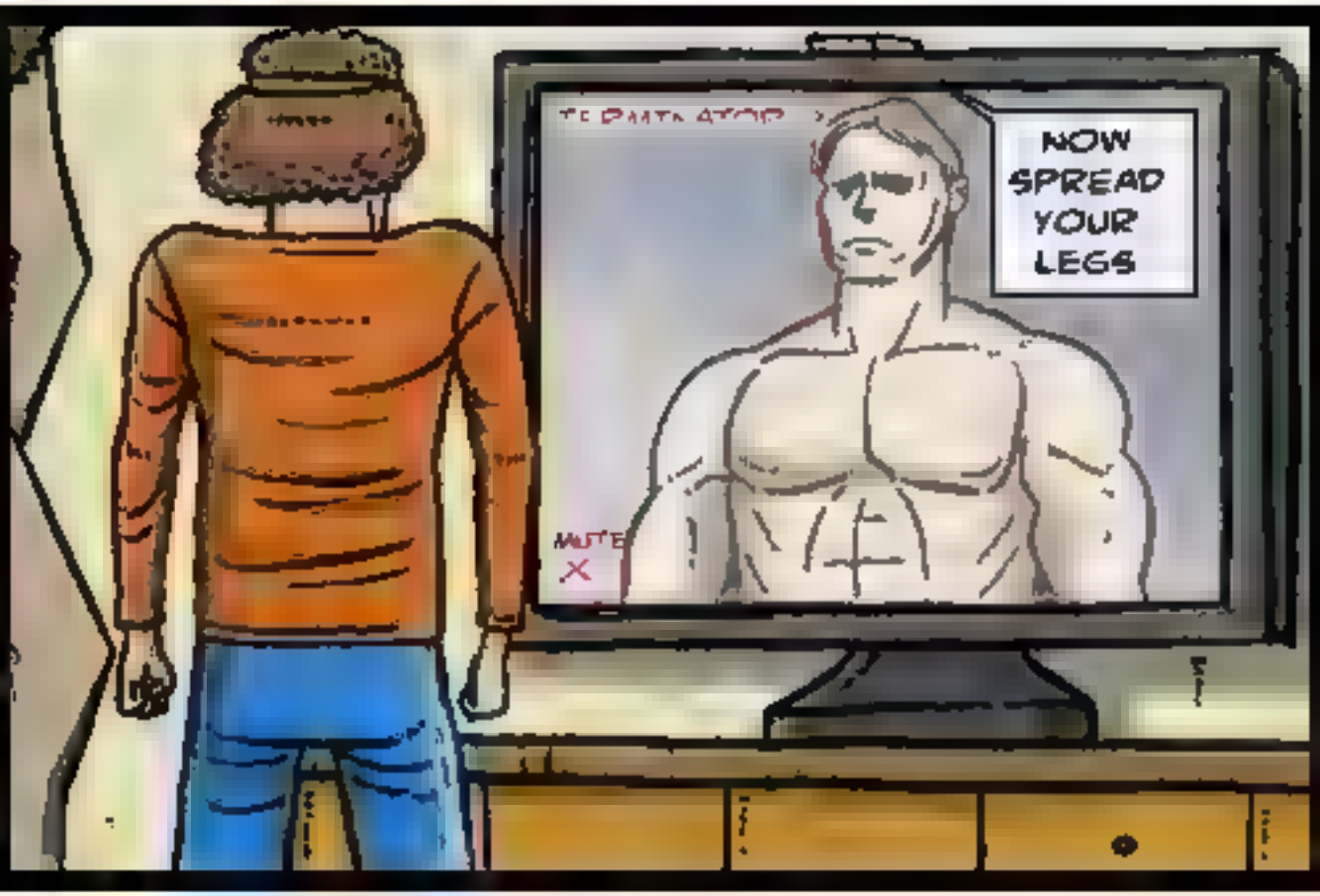

MUTE

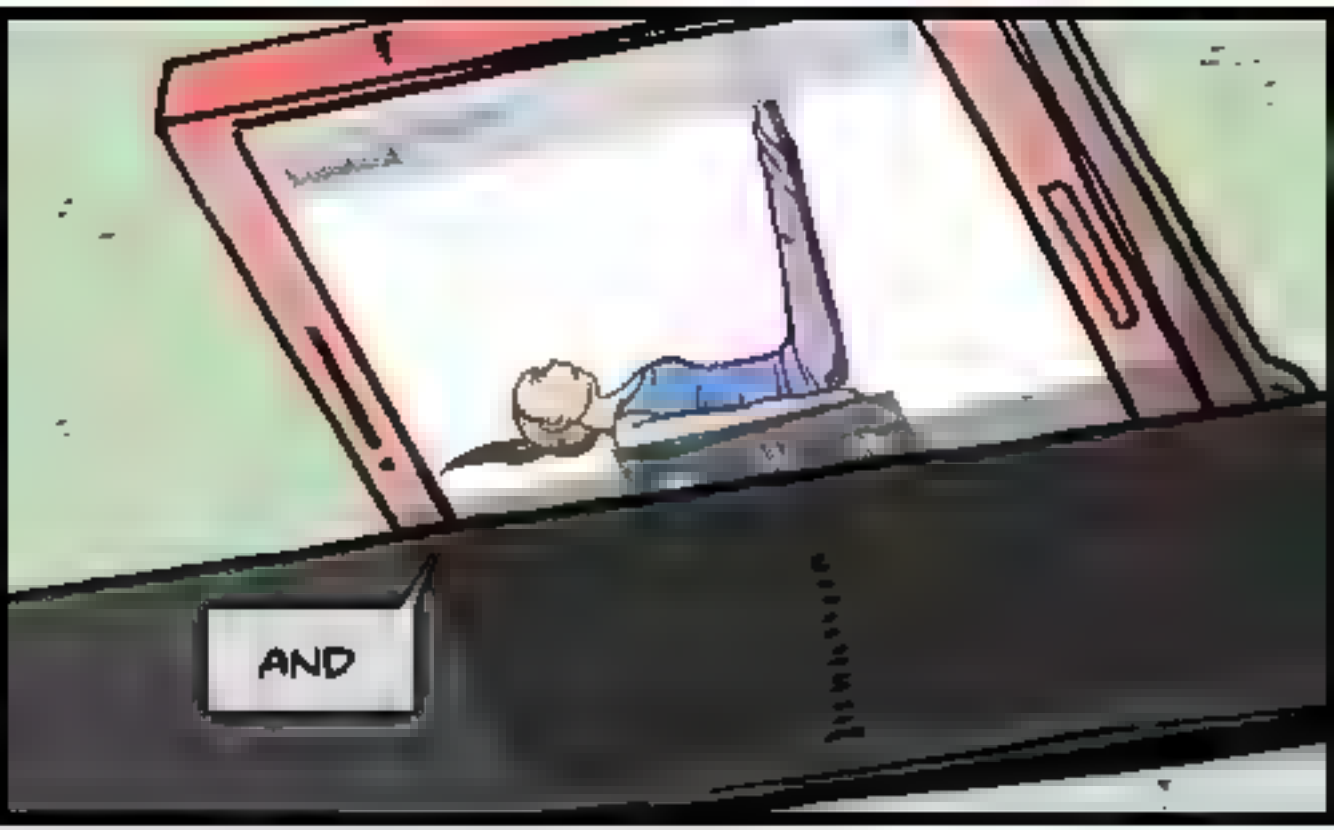
.....?

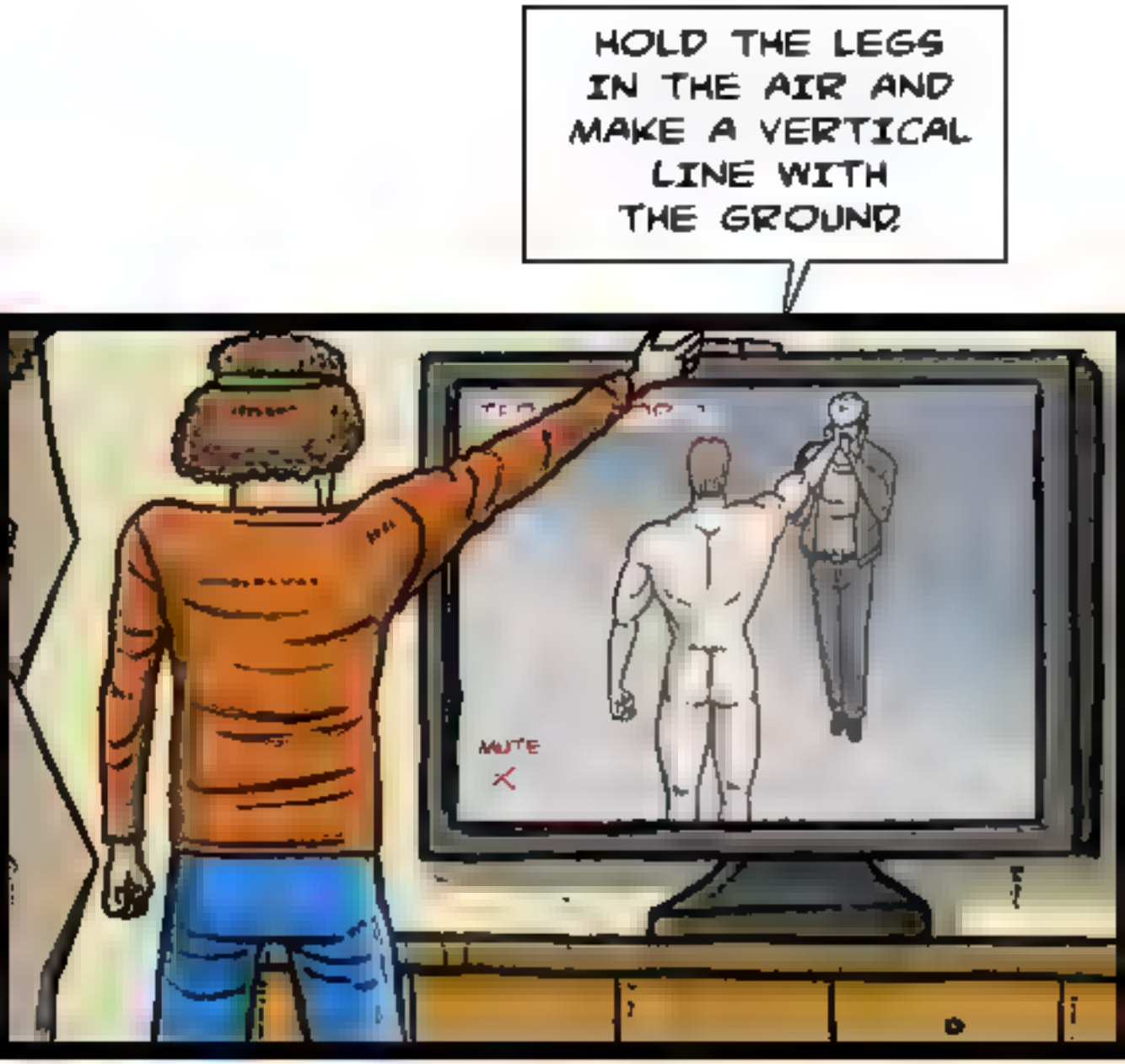

WHILE IN
THIS POSITION,
BEND YOUR LEGS.


MUTE

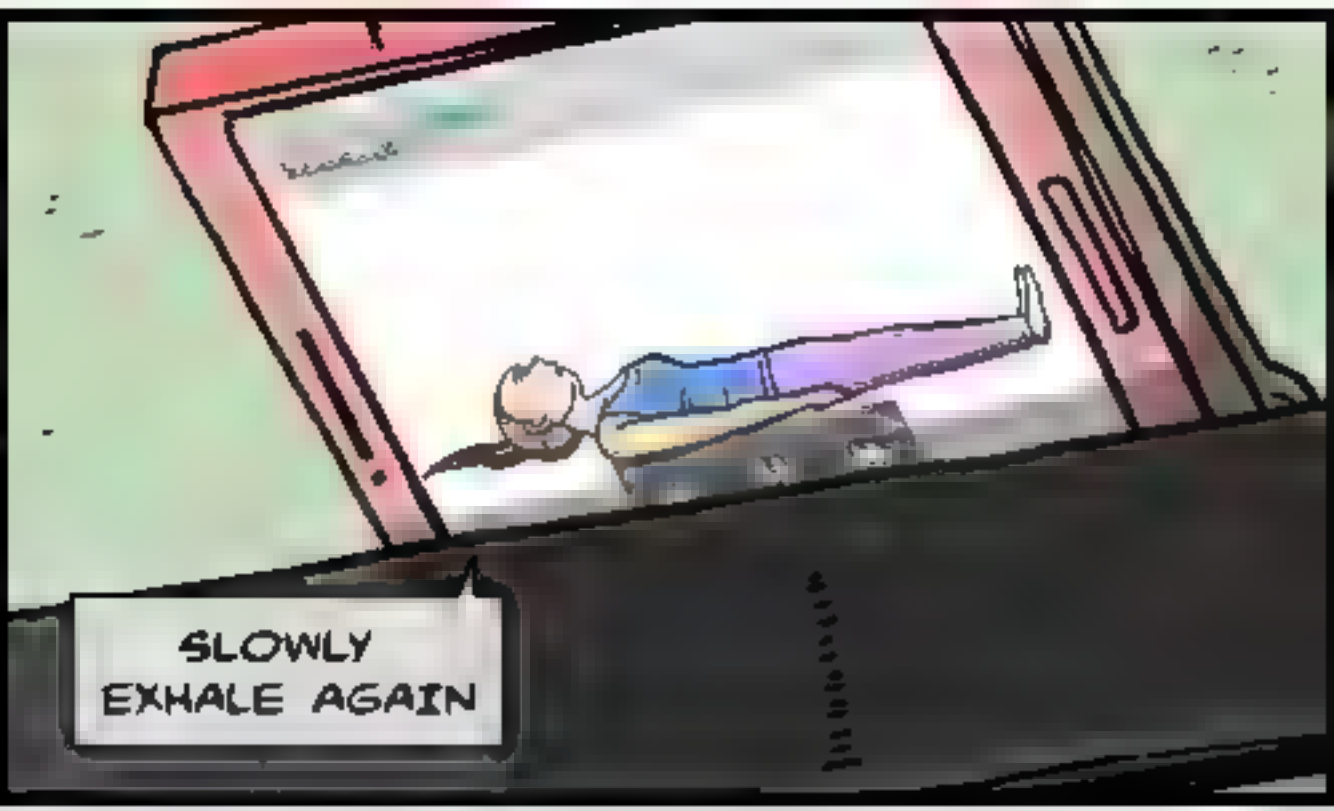

THEN EXHALE
SLOWLY...

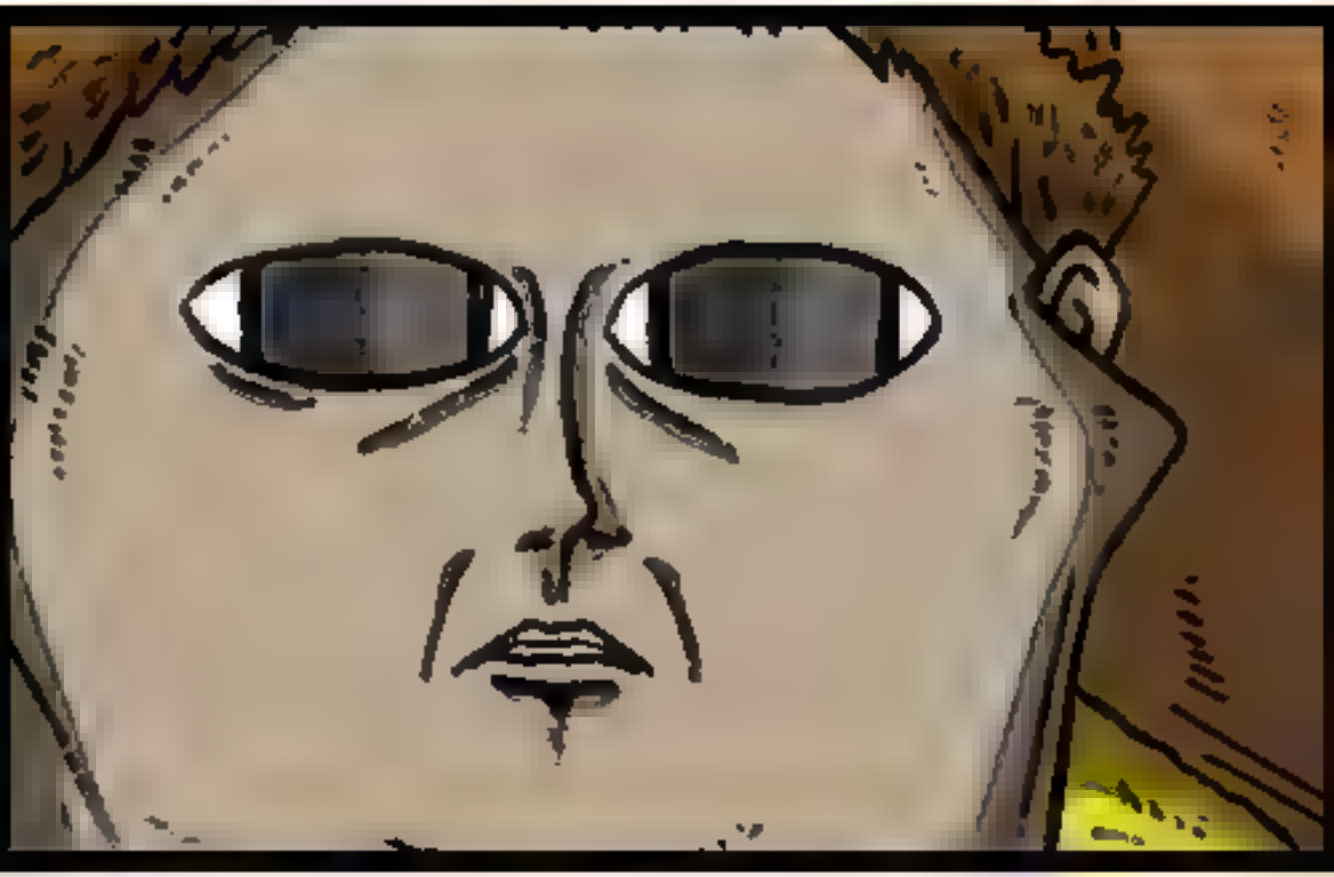

NOW SPREAD YOUR LEGS


AND

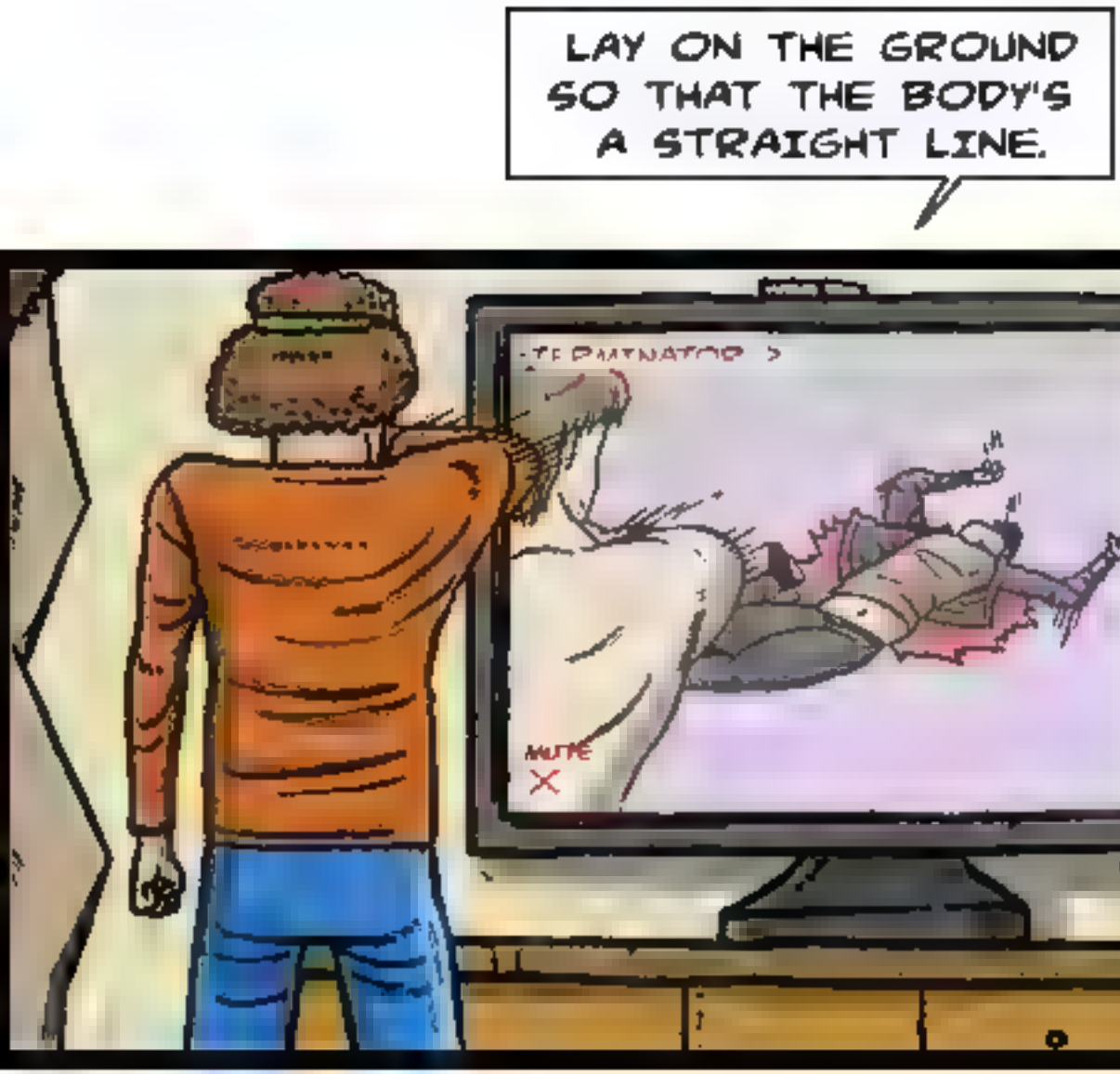

HOLD THE LEGS IN THE AIR AND MAKE A VERTICAL LINE WITH THE GROUND.
MUTE

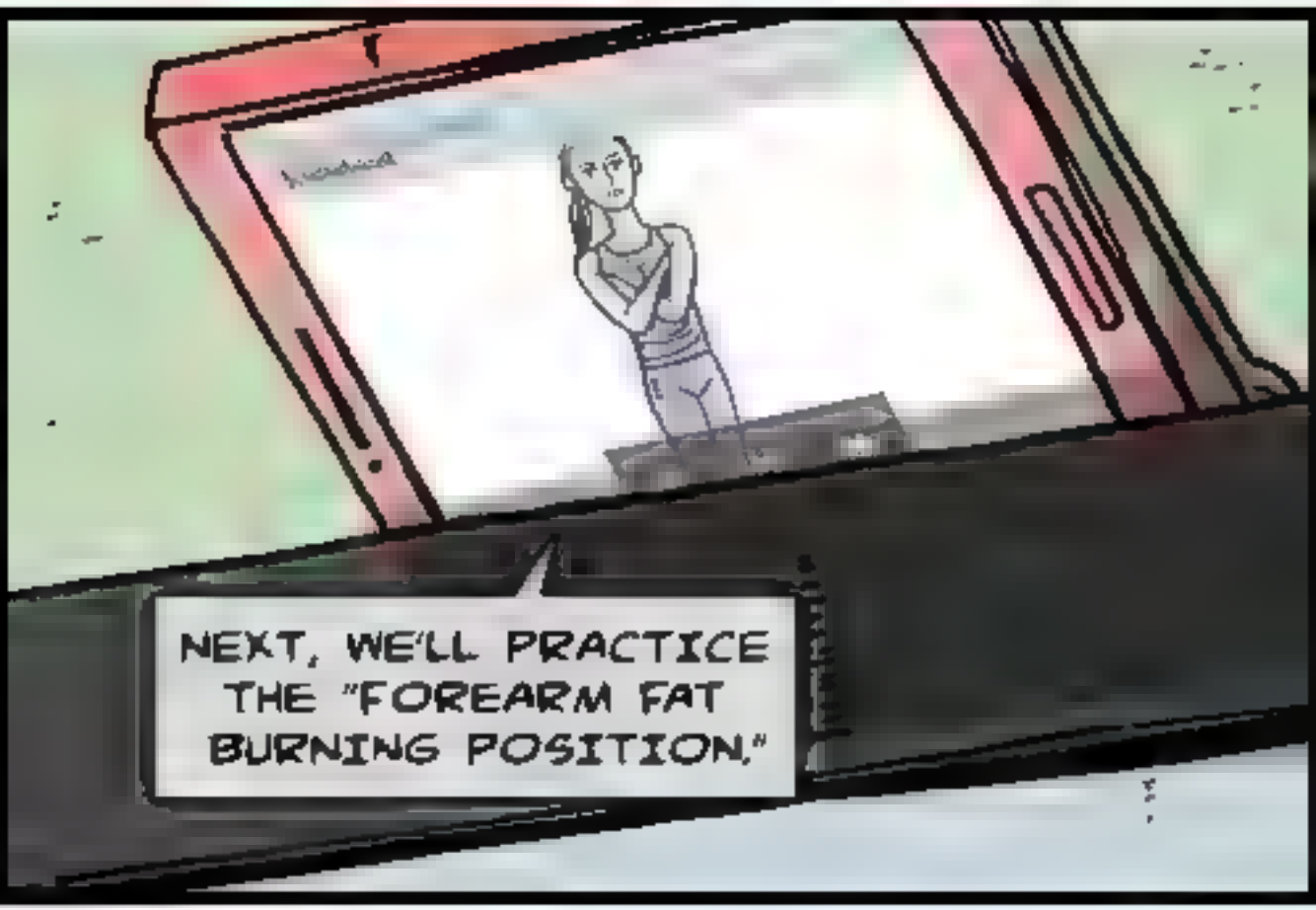
HOLD THE POSITION FOR TEN TO TWENTY SECONDS.
MUTE

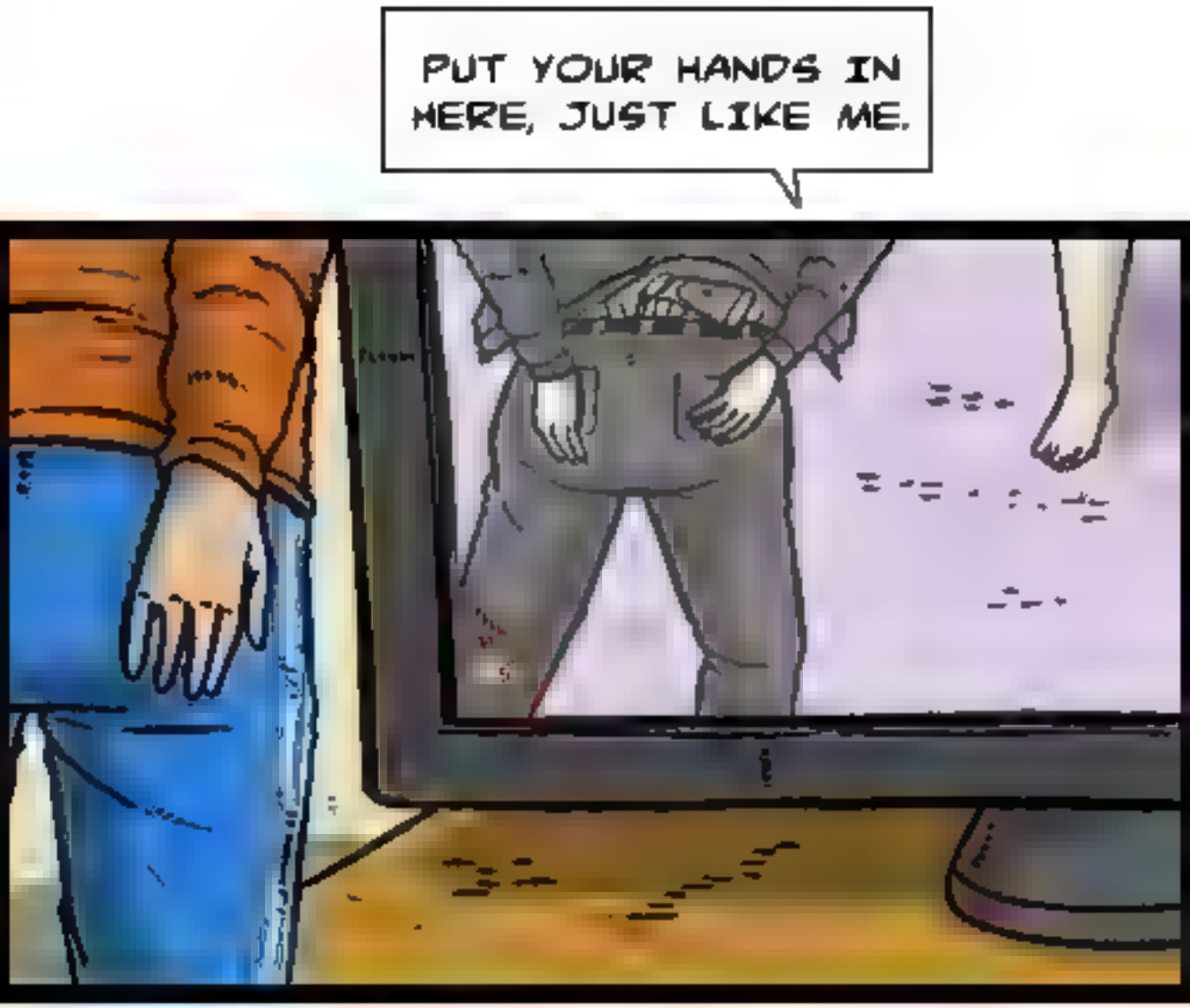

SLOWLY
EXHALE AGAIN

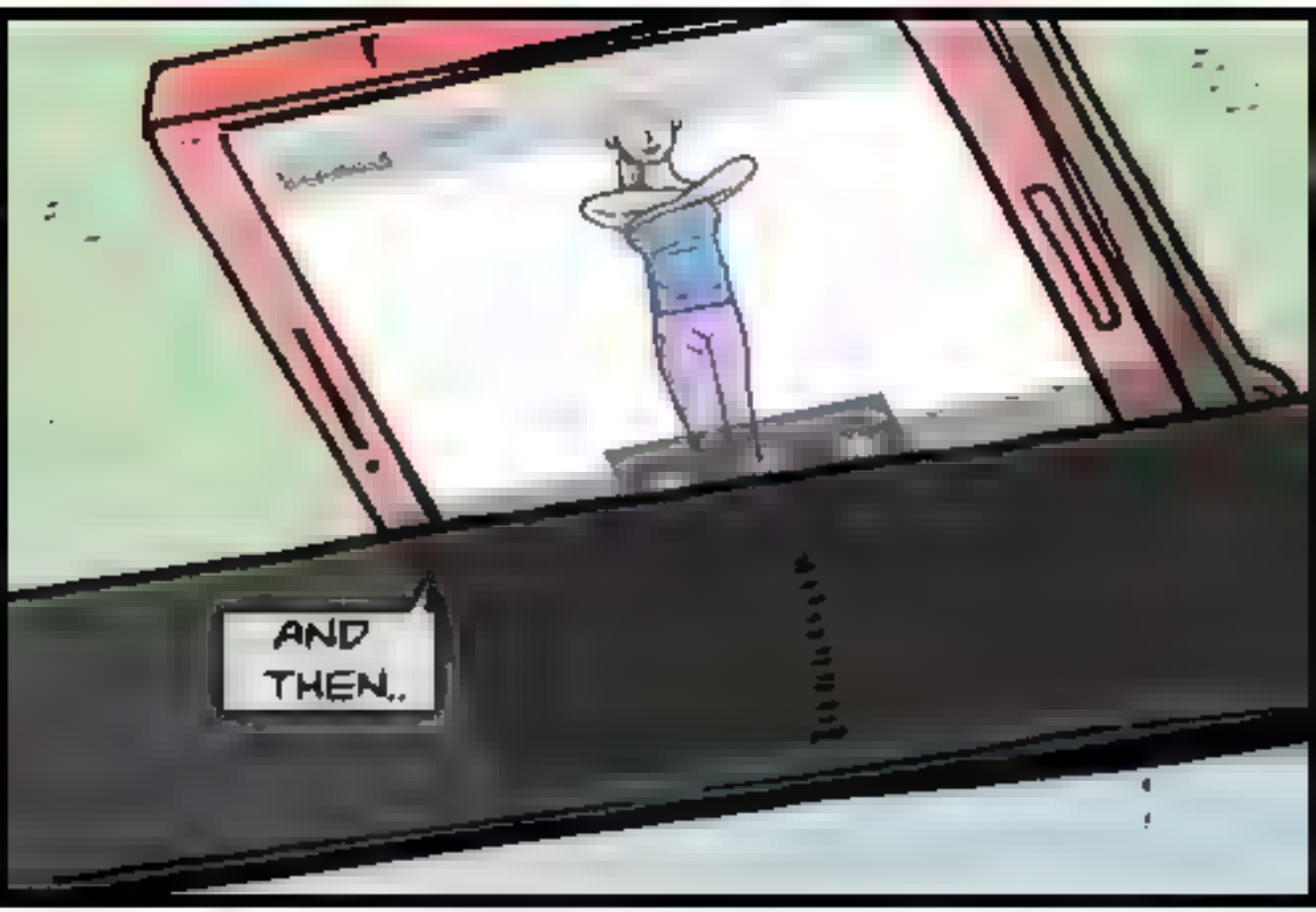


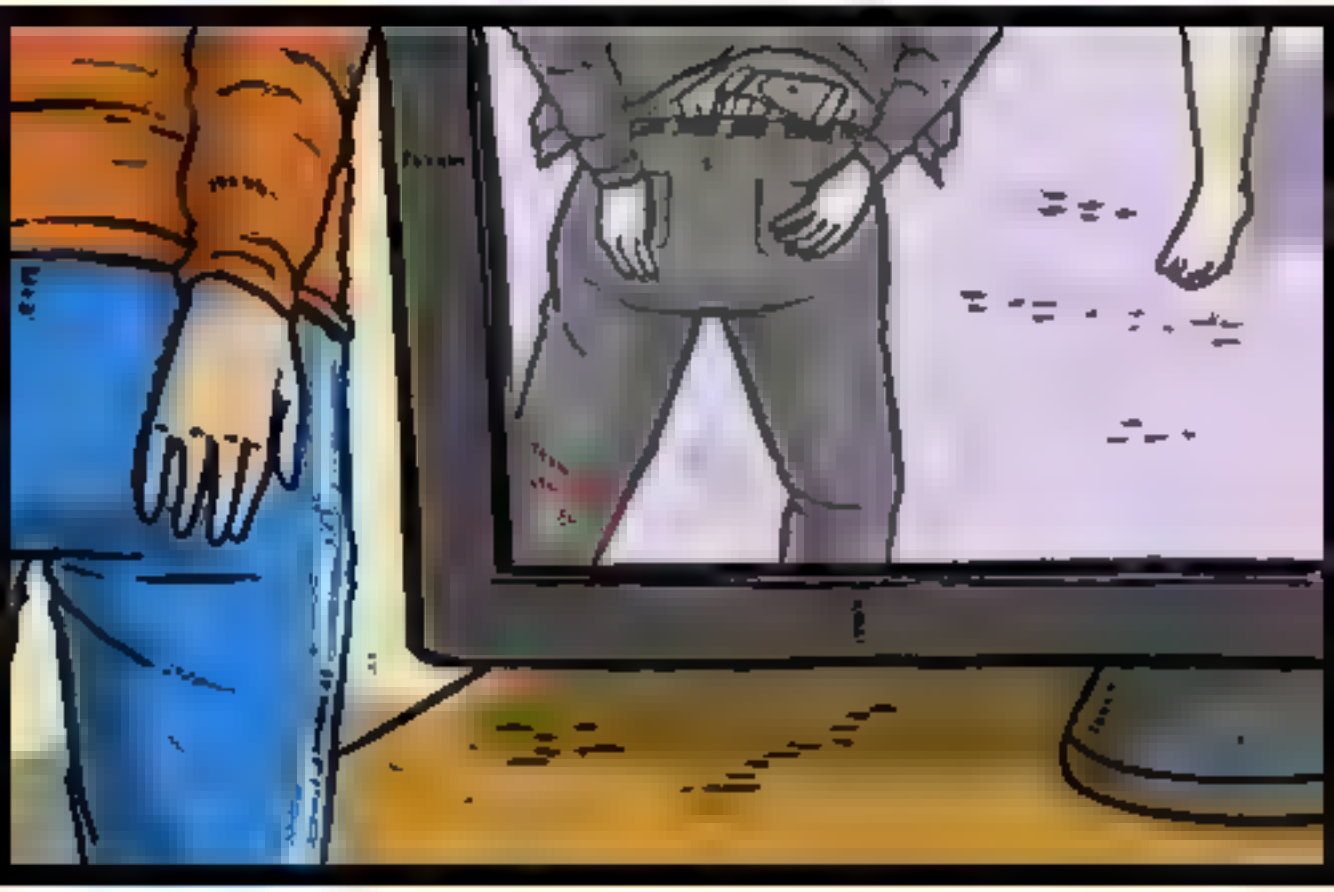
.....?


LAY ON THE GROUND SO THAT THE BODY'S A STRAIGHT LINE.
MUTE

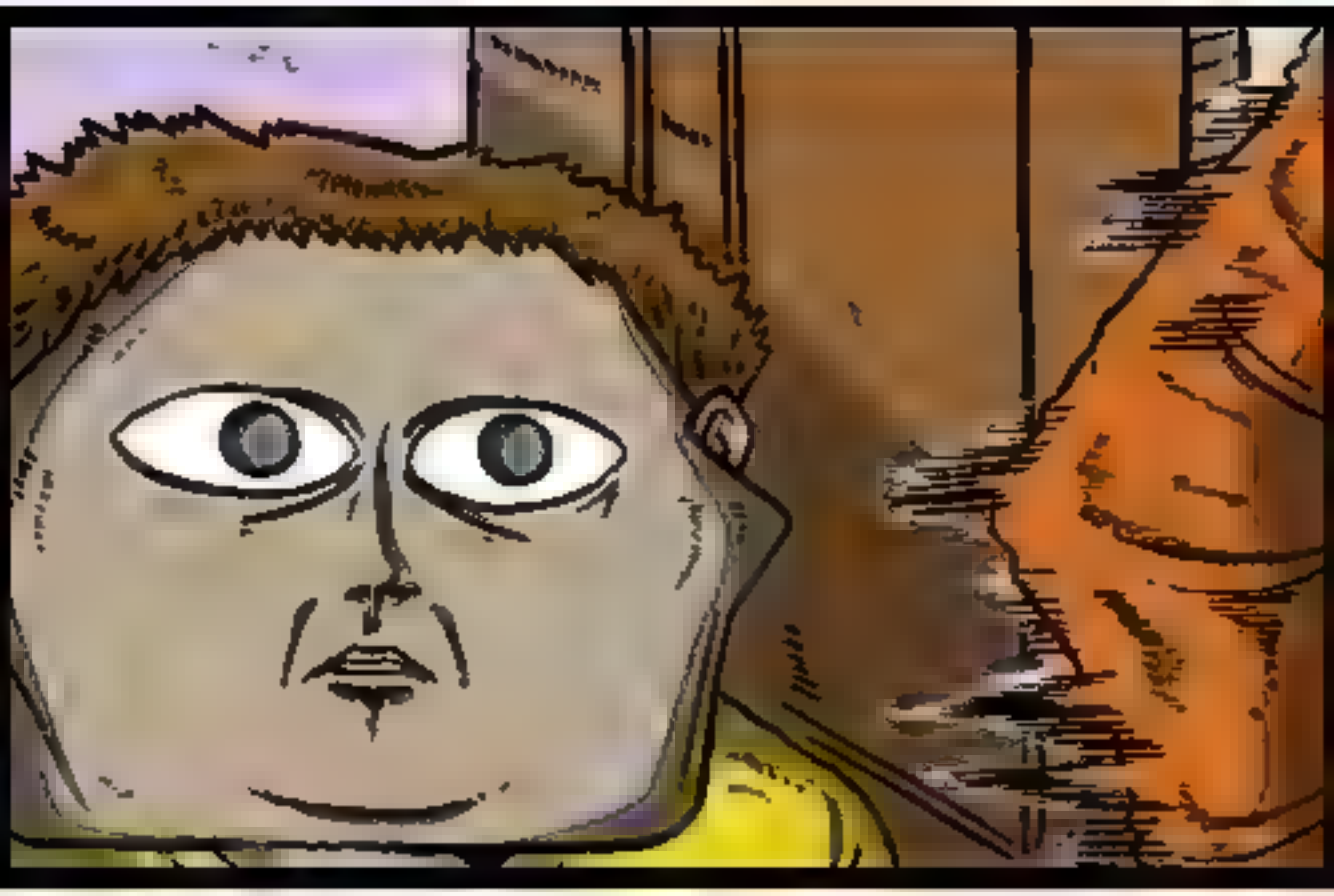

NEXT, WE'LL PRACTICE THE "FOREARM FAT BURNING POSITION."


PUT YOUR HANDS IN HERE, JUST LIKE ME.


AND
THEN..

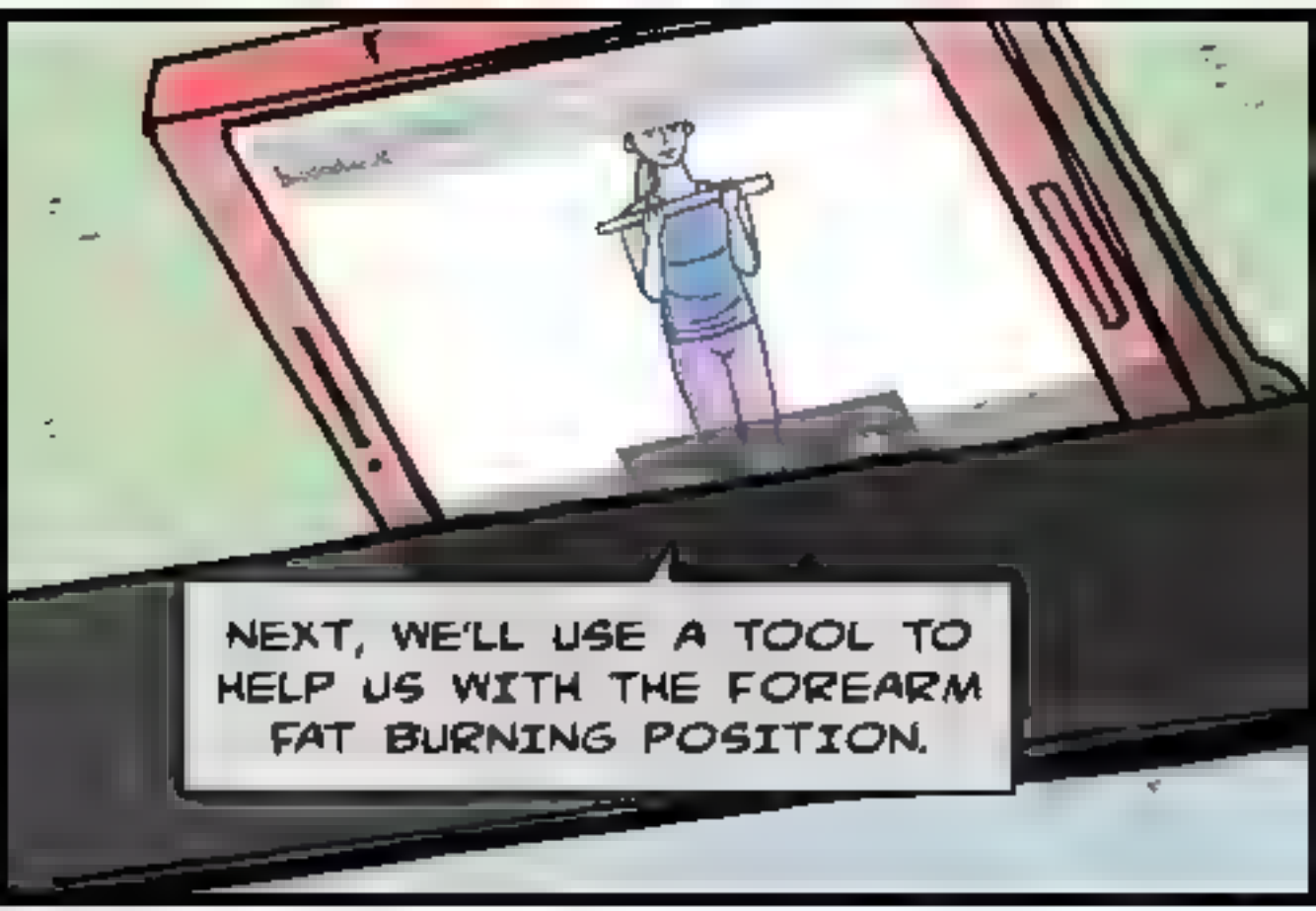

SPREAD YOUR HANDS APART AS WIDE AS THE DISTANCE BETWEEN YOUR SHOULDERS.

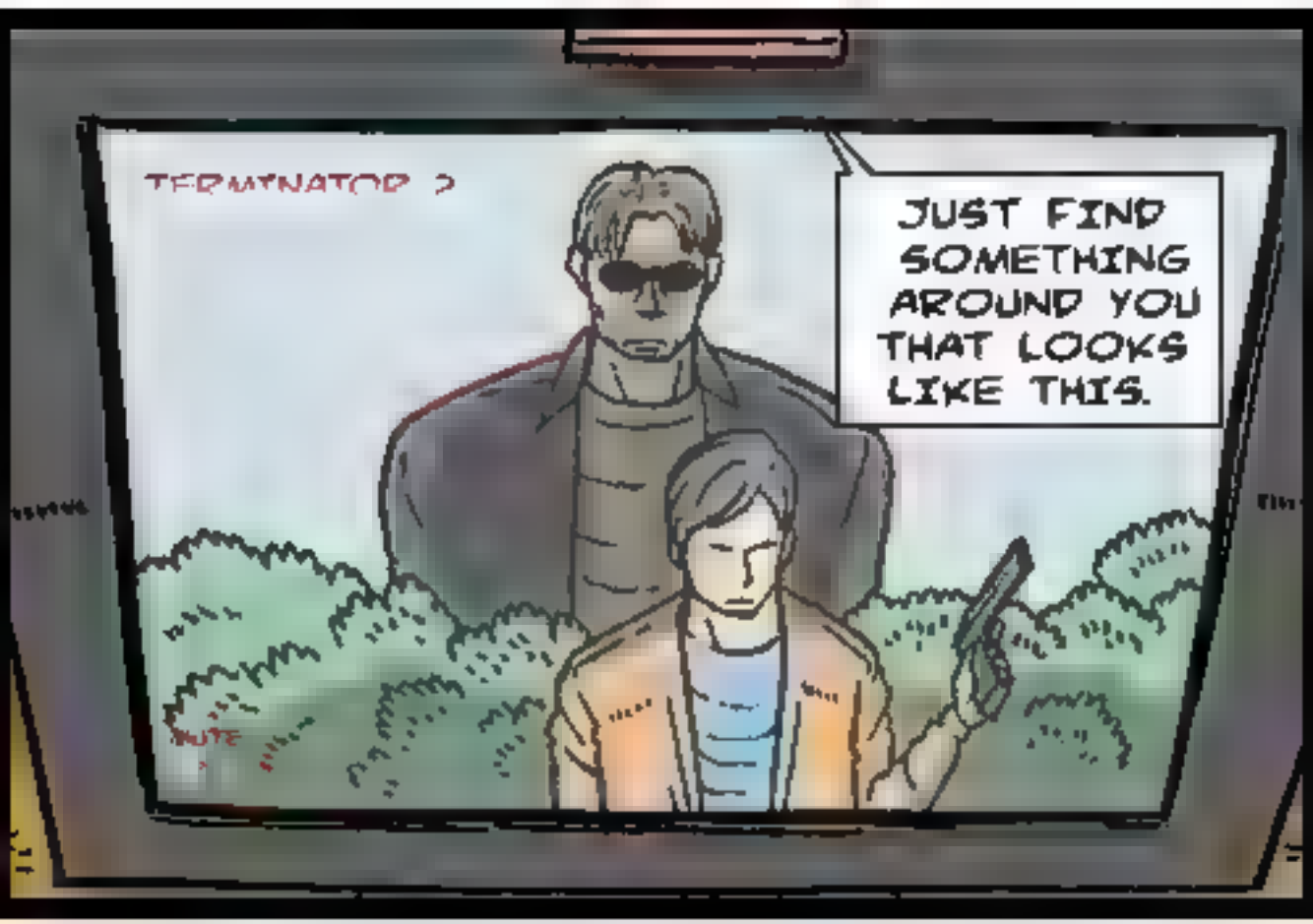
……

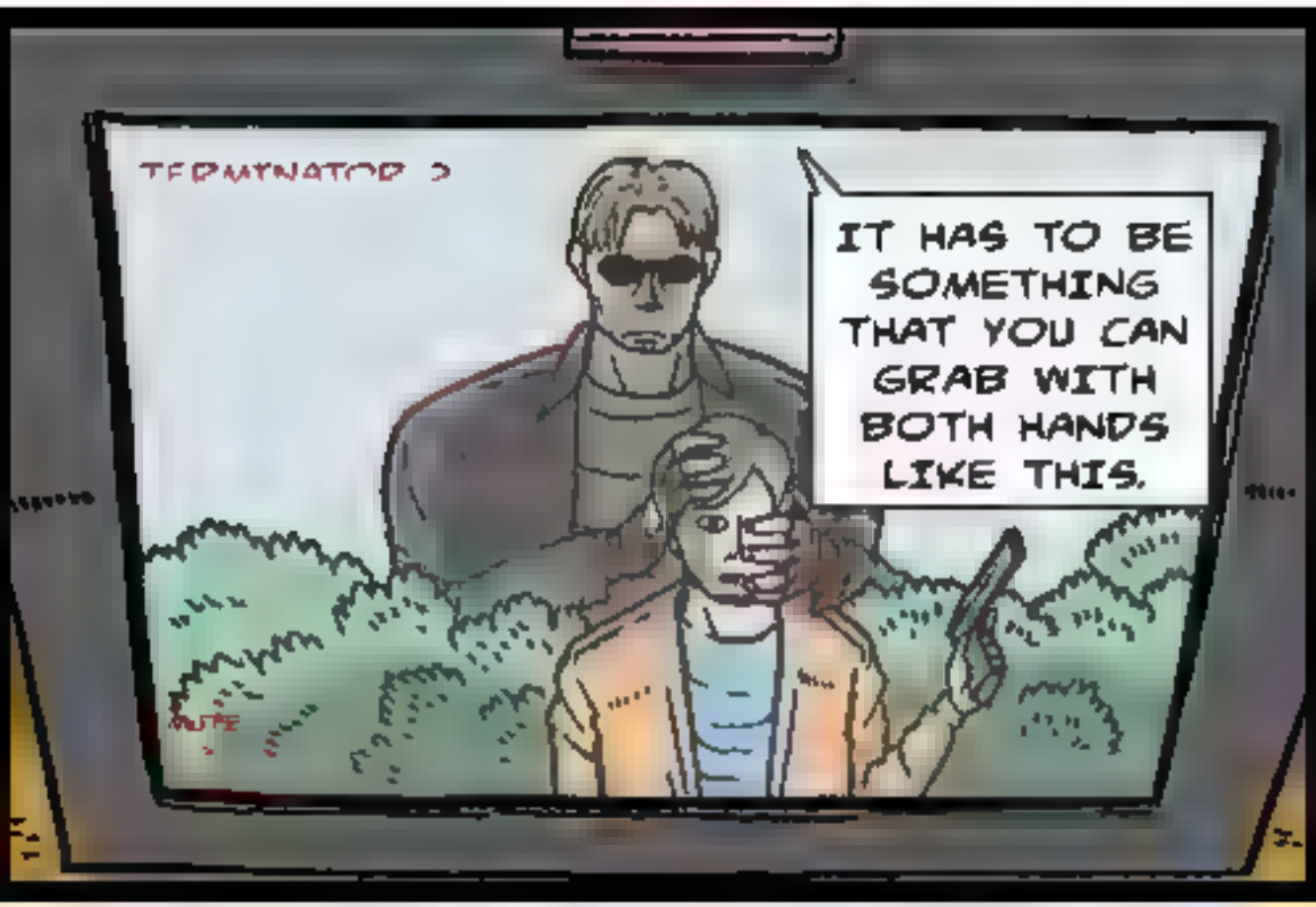


.....?!?!?!!!!

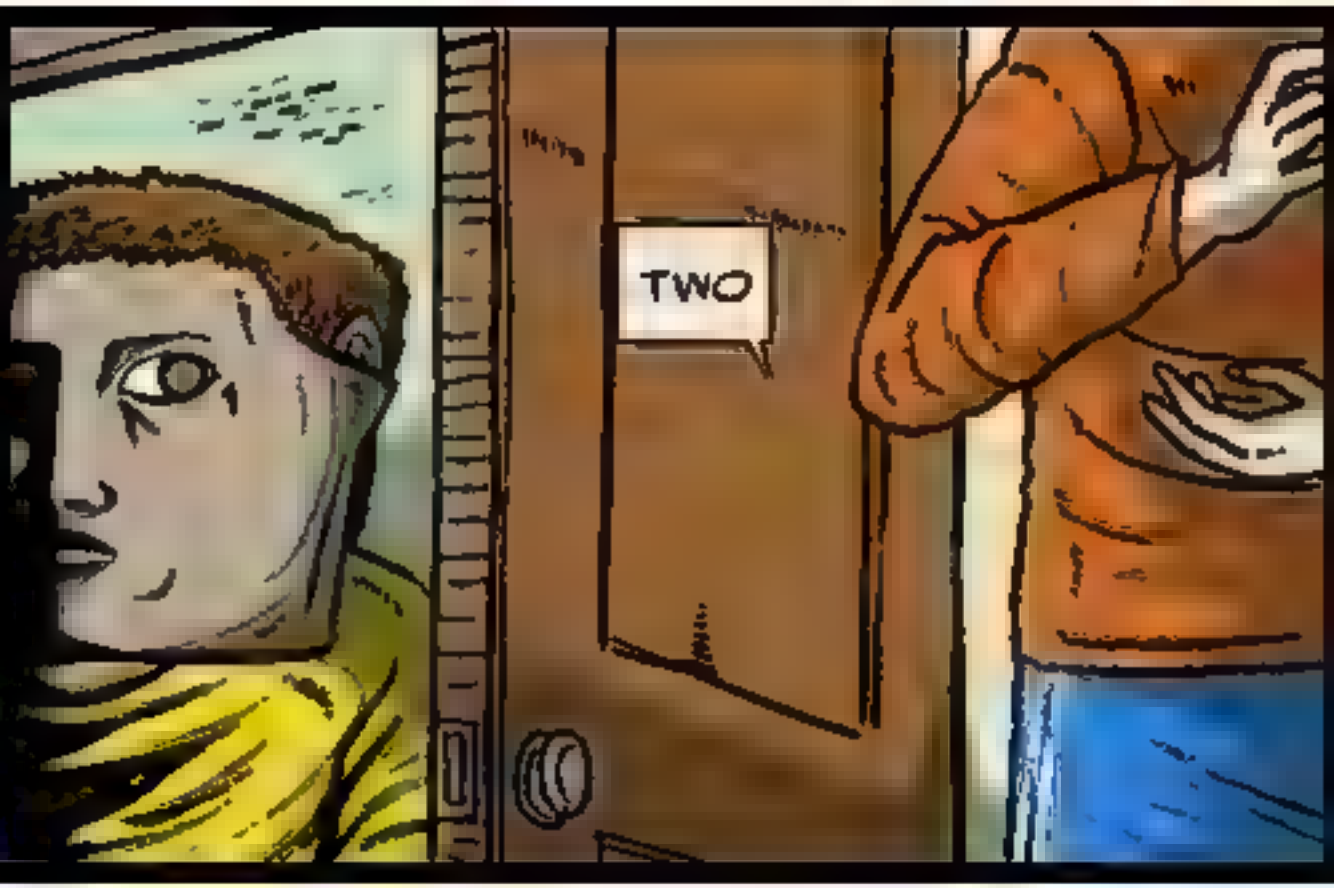
.....?


NEXT, WE'LL USE A TOOL TO HELP US WITH THE FOREARM FAT BURNING POSITION.

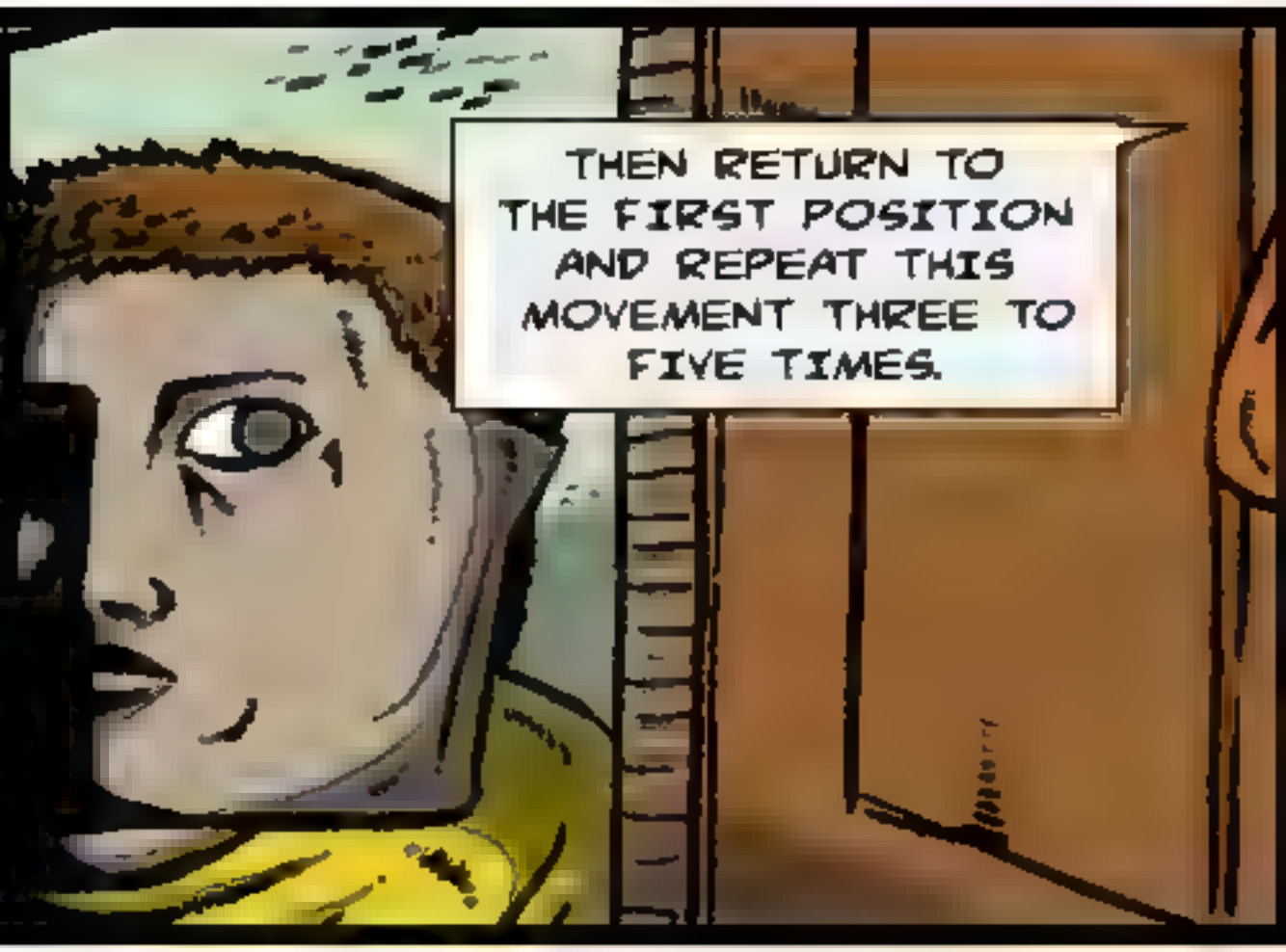

TERMYNATOR 2
JUST FIND SOMETHING AROUND YOU THAT LOOKS LIKE THIS.

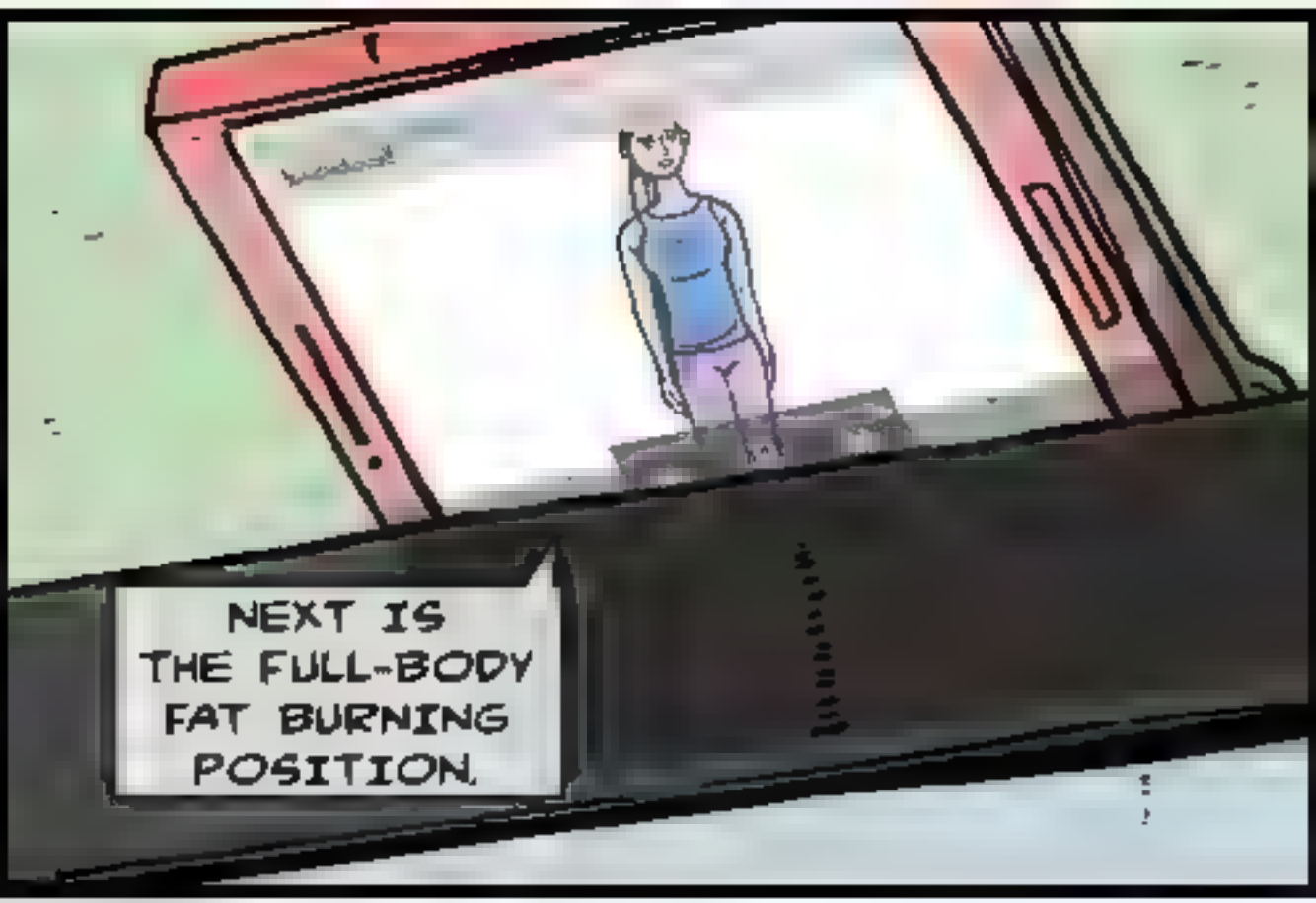

IT HAS TO BE SOMETHING THAT YOU CAN GRAB WITH BOTH HANDS LIKE THIS.

ONE

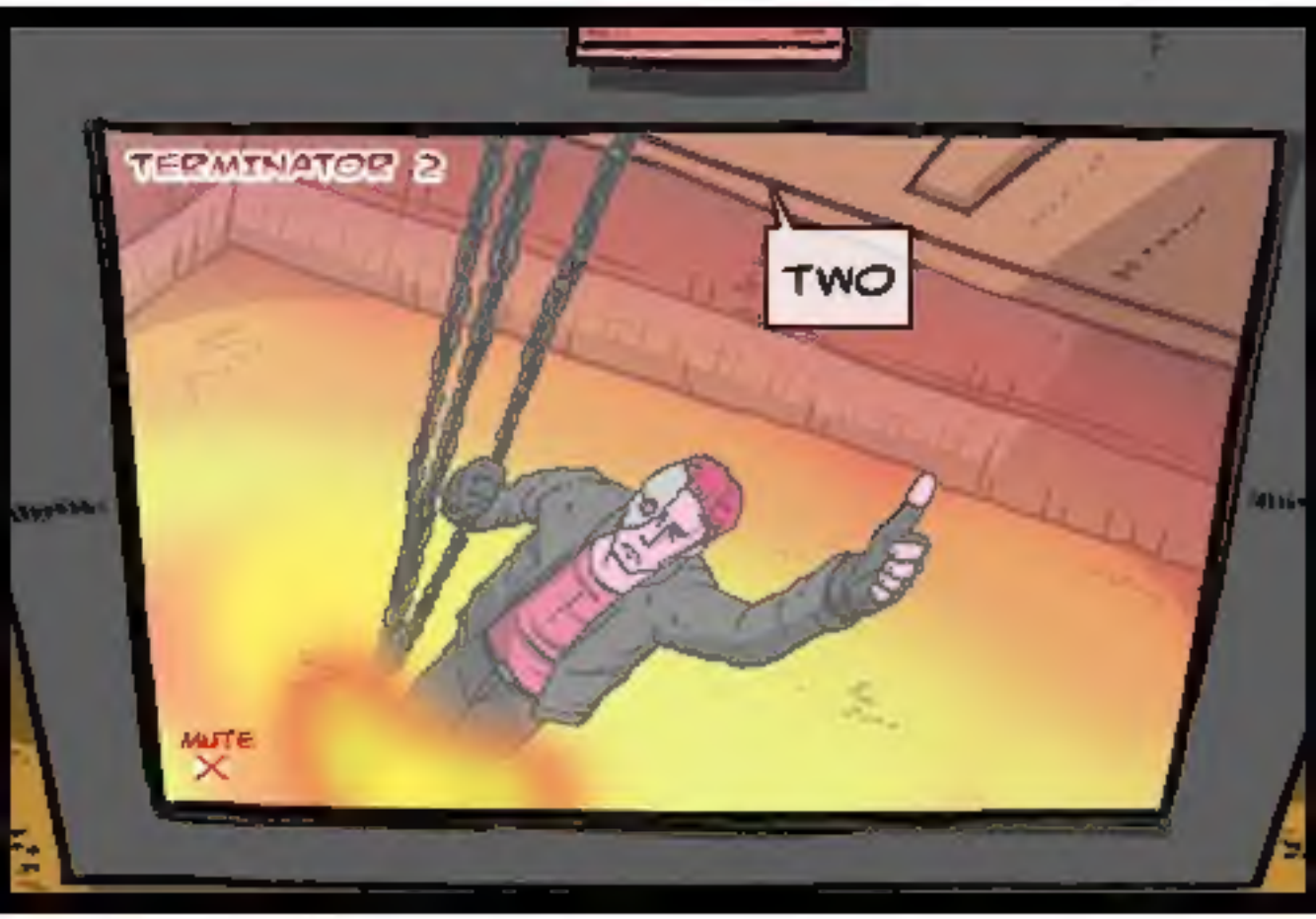

TWO

THREE


THEN RETURN TO THE FIRST POSITION AND REPEAT THIS MOVEMENT THREE TO FIVE TIMES.


NEXT IS
THE FULL-BODY
FAT BURNING
POSITION.

ONE
MUTE


TERMINATOR 2
TWO
MUTE

ONE

TWO

THE MOMINATOR